



Abdy has an ancient, indescribable gift which allows people to attune to the vibration they need to receive for themselves.

**"There is no name for what you receive."
- Abdy**

**SELF ALIGNMENT DAY
WITH
ABDY
Seattle,
Washington**

**Sunday, December 11, 2016
10:00AM-5:00PM**

**Exchange: \$220.00 for one-day event.
You can pay cash or check at the venue or book online:
<http://abdy.info/when-and-where/sessions>**

**Location: Magnuson Park
7400 Sand Point Way NE
Seattle, WA 98 115
(Garden Room, BRIG Bldg)**

**Info: Please bring a yoga mat or a blanket and a pillow, and dress comfortably to lie on the floor.
Please bring your own water bottle.**

**Contact: Brigitte
b.feaster1@verizon.net
253-278 9109**

Connect: abdy.info



PHOTO CREDIT: JANE SIBBETT