



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](mailto:b.feaster1@verizon.net)**  
**253-278 9109**

**Connect: [abdy.info](http://abdy.info)**



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