



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**

PHOTO CREDIT: JANE SIBBETT

ABDY

WASHINGTON, DC

CONNECTING TO THE SOURCE SESSIONS

THURSDAY JUNE 13

First session: 6pm-7:30pm

Second session: 7:45pm-9:15pm

Exchange: \$90.00 per session or \$130 for both sessions.*

You can pay cash at the venue or book online:

<https://abdy.info/when-and-where/sessions>

**Location: Carderock Springs Tennis and Swim Club
8200 Hamilton Spring Ct.
Bethesda, MD 20917**

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: Parastoo Nasr
202-413-1692
pnasr@yahoo.com**

Connect: abdy.info



*** For financial considerations please contact your host.**