



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**

# **ABDY**

## **WASHINGTON DC**

### **CONNECTING TO THE SOURCE SESSIONS**

**Friday September 22 2017**

Session One: 6:00-7:30 pm

Session Two: 7:45-9:15 pm

Exchange: **\$50.00 per session. You can pay cash or check at the venue or book online:**  
<http://abdy.info/when-and-where/sessions>

Location: **Carderock Springs Tennis and Swim Club  
8200 Hamilton Spring Ct.  
Bethesda, MD 20817**

### **SELF ALIGNMENT DAY**

**Saturday September 23 2017**

**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: **Unity of Washington, DC  
1225 R Street Washington, DC 20009**

Info: **Please bring a yoga mat or a blanket and a pillow, and dress comfortably to lie on the floor. If your body can't lie flat comfortably, we also have chairs available. Please bring your own water bottle.**

Contact: **Parastoo Nasr  
202-413-1692  
[pnasr@yahoo.com](mailto:pnasr@yahoo.com)**

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



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