

A person is seen from behind, sitting in a meditative pose on a sandy beach. The ocean is in the background with gentle waves and a sunset sky. The text 'RECONNECT BODY MIND SPIRIT' is overlaid in large, blue, outlined letters.

# RECONNECT BODY MIND SPIRIT

LEARN HOW TO RECONNECT  
TO THE WHOLE YOU  
THROUGH YOGA MEDITATION AND  
OTHER RECONNECTION TECHNIQUES

HAPPENING SUNDAY OCTOBER 24TH AT 9:45 AM  
MANLY YOUTH & COMMUNITY CENTRE  
KANGAROO STREET MANLY  
TO FIND OUT MORE GO TO  
[HTTPS://GARYDRUMMOND.COM/MY-EVENTS/](https://garydrummond.com/my-events/)