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essential + common sense

Essential Pearl

Weekly self* tip



Issue 56
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Our Body, Mind and Spirit!

Your **Body** is your **Temple** the place to shelter and to honour yourself.

Your **Mind** is your **Warrior, Protector** but be careful, don't let it take control.

Your **Spirit** is the **Divine Within!**

God is within us all, our **True Self!**

Through **Spirit** we **Connect** with **Others** and the **Universe**it is **Love!**

Visit our website
www.essentialgym.com

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Essential Gym is an holistic coach approach to sustainable SELF* Wellness.

Tone Up - Your Mind, Body and Soul!

*Self: Soul Essence Love Fulfillment

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