

Having trouble viewing this email? [Click here](#) to see it in your browser



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



Issue 59  
Monday 1st March, 2010

## Surrender to Vulnerability!

Acknowledge your Vulnerabilities  
They are part of what makes you **You!**  
They complete **Your Uniqueness!**  
Surrender to & embrace vulnerabilities  
Practice **Faith, Harmony and Joy!**  
Be **You.... Beautiful, Unique and a little**  
**Imperfect!**

[Check out today's blog](#)

Visit our website  
[www.essentialgym.com](http://www.essentialgym.com)

Please Forward to a Friend

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

*Tone Up - Your Mind, Body and Soul!*

\*Self: Soul Essence Love Fulfillment

© 2009 Essence Coaching Ltd

**Jane Thomas** ACC  
Principal Coach  
Essence Coaching



This email was sent to email@example.com. If you are not the intended recipient of this email or no longer wish to receive communications from Essence Coaching, please [click here](#) to unsubscribe.