


From: Jane Thomas - Essential Pearl <jane@essentialgym.com>

To: email@example.com

Subject: Essential Pearl 66 - Patience and Peace


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



Essence Coaching
essential + common sense

Essential Pearl

Weekly self* tip



Issue 66
Monday 3rd May, 2010

Patience and Peace!

Patience is a virtue practised through acceptance of what is without the need to change.


Peace is knowing that the present is perfect with no doubt!

Enjoy Patience & Peace today!

Visit our website
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



Jane Thomas ACC
Principal Coach
Essence Coaching

© 2009 Essence Coaching Ltd

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.