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Subject: Essential Pearl 81 - Balance Yourself!

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# Essential Pearl

Weekly self\* tip

Issue 81  
Monday 16h August, 2010

## Balance Yourself!

For a **Harmonious and Fulfilled Life**  
Balance your **SELF** in aspects of...  
Being / Doing; Work / Play  
Giving / Receiving; Yin / Yang;  
Calm / Excitement; Light / Shadow  
Sorrow / Joy Laughter Love!


Check Today - Is your Life in Balance?

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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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