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To: email@example.com

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?

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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