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# Essential Pearl

Weekly self\* tip

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**Simplicity**  
is the new **Abundance!**  
Keep true to what's important  
**Appreciate the beauty, purity**  
of everything in its **true form.**

Living a life of **Simplicity**  
inspires a sense of **overflowing fullness, Freedom and**  
**Harmony!**

*Simplicity requires not only honesty and courage but gentleness and more patience than you ever believed you possess.*  
*Sarah Ban Breathnach*

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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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