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Essential Pearl

Weekly self* tip

Issue 83
Monday 30th August, 2010

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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