



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

To: email@example.com

Subject: Essential Pearl 87 – Daylight Saving!

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Essential Pearl

Weekly self* tip

Issue 87
Monday 27th September, 2010

Daylight Saving!

- an extra hour for YOU!
How are you going to use it?

Make time for yourself –
Love, Honour and Value YOU!
Treat yourself like your best friend!
So...
How are You going to use that extra hour?


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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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Jane Thomas ACC
Principal Coach
Essense Coaching



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