



From: Jane Thomas - Essential Pearl <jane@essentialgym.com>  
To: email@example.com  
Subject: Essential Pearl 88 – State of Integrity

Having trouble viewing this email? [Click here](#) to see it in your browser



# Essential Pearl

Weekly self\* tip

Issue 88  
Monday 4th October, 2010

**State of Integrity** is when  
Everything's **congruent and aligned within!**

To maintain our state of **Integrity** we're **constantly in motion**, like a rocket soaring through space, we are **continually adjusting our coordinates**.

Our 'flight' path is our Unique Journey  
our Life, our 'moments that matter'  
Our Now!


Visit our website  
[www.essentialgym.com](http://www.essentialgym.com)

Please Forward to a Friend

Essential Gym is an holistic coach approach to sustainable SELF\* Wellness.  
*Tone Up - Your Mind, Body and Soul!*  
\*Self: Soul Essence Love Fulfillment

© 2009 Essense Coaching Ltd

**Jane Thomas** ACC  
Principal Coach  
Essense Coaching



This email was sent to email@example.com. If you are not the intended recipient of this email or no longer wish to receive communications from Essense Coaching, please [click here](#) to unsubscribe.