



From: Jane Thomas - Essential Pearl <jane@essentialgym.com>
To: email@example.com
Subject: Essential Pearl 89– Spring Time!

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



Essential Pearl

Weekly self* tip

Issue 89
Tuesday 19th October, 2010

Spring Time!

A time of Growth ...
New Ideas,
Creative thoughts,
Abundance of Possibilities and
Oodles of Opportunities!
Enjoy!

Apologies - I have been overseas and I thought it would be easy to send the weekly Pearls from where ever - it wasn't! I'll play catch up this week with another Pearl arriving in your email box on Friday morning

Visit our website
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.