



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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CURIOSITY! *continued...*

- improves your quality of **Life!**
 - helps you find **Clarity!**
- inspires your **Problem Solving!**
- reconnects you to **Possibilities!**
 - gives a sense of **Wellbeing!**

Ask Questions! - Be Curious!

Please Forward to a Friend

Visit our website
www.essentialgym.com

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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