



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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In our world today have **Courage** to
'Let Go' of What Was!
Embrace **Change!**
Embrace the **NOW!**

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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