



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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They're not on the **Outside!**
Happiness, Joy, Acknowledgement,
Peace and Love.
All come from **WITHIN YOU!**
Nurture your Inner Strength.

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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Jane Thomas ACC
Principal Coach
Essence Coaching



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