



**essence**coaching  
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](http://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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