



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Be **Courageous!** Have **Courage!**
Courage to **Let Go**, to be **Flexible**
to **Trust** that 'Now' is **Perfect!**
This week embrace **Courage!**

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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