



**essence**coaching  
essential + common sense

# Essential Pearl

*Weekly self\* tip*



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**Giving and Receiving, go together!**

**Give without Attachment nor  
Expectation!**

**Receive with Grace and Gratitude!**

**To maintain Balance and Harmony  
Give and Receive equally!**

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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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