



essencecoaching
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!**

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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