



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 24
Monday 8th June, 2009

Is **Flexibility** your friend?

'The one constant in life is change'

Accept change as part of your **Life!**

Be grounded in your **Values!**

Honour your Values daily, allow no
doubt **and let go of attachment!**

Develop your **Resilience**, be
Flexible!

Visit our website
www.essentialgym.com

Please Forward to a Friend

Essential Gym is an holistic coach approach to sustainable SELF* Wellness.

Tone Up - Your Mind, Body and Soul!

*Self: Soul Essence Love Fulfillment

© 2009 Essence Coaching Ltd

Jane Thomas ACC
Principal Coach
Essence Coaching



This email was sent to [email address suppressed]. If you are not the intended recipient of this email or no longer wish to receive communications from Essence Coaching, please [click here](#) to unsubscribe. If you have been forwarded this email by a friend and would like to subscribe to the free weekly emails by Essence Coaching [click here](#)