



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 26
Monday 22nd June, 2009

Are you **Nurturing Yourself?**

Take the time to look after yourself
n.b. **Self Caring** is not being Selfish
Treat yourself like your **Best Friend!**
Honour, love and appreciate yourself!
Enjoy **self** time, mediate, take a bath,
a walk, listen to *your* music.

Do a nurturing activity daily!

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

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