



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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The **Importance of Belly Breathing!**
Breathe long and deep into your stomach. Count 6 as you inhale and 10 as you exhale. **Benefits** - increased **oxygen** to **body** and **brain**, a **massage** for **internal organs**, whole **body relaxation**, and letting go of **Stress!**

Practice Belly Breathing Daily NOW!

Visit our website
www.essentialgym.com

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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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