



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



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Work/Life Balance?

**It's all LIFE!**

What's Important is **Balance!**

Balance your activities, work, play, family, relaxing, social - these and more are all part of **LIFE!**

**Is your Life Balanced?**

Please **Forward to a Friend**

Visit our website  
[www.essentialgym.com](http://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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