



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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How strong is your inner strength?
Are you an **Oak** standing staunch, or
a **Willow** bending with the wind?
Be a **Willow** - with **belief in yourself**
and **trust in who you are**, you'll **zig**
zag and **succeed** in today's constantly
moving and often uncertain world.

"Know thyself" Socrates

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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