



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 37
Monday 7th September, 2009

Spring Is Here!

Revise your New Year Resolutions!
There's time to **Review**, **Refine** and
Complete your goals by December!
Spring Clean - take a fresh look at
life.

Are you living the life you want?

*Check the website for tools to help.
30 Day Challenge starting soon.*

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](#)