



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Be your **Authentic SELF**
Soul, Essence, Love, Fulfillment
Acknowledge, know and feel what
each of these 'elements' means to you.
When you're **Authentic** - life is
easier, happier, you attract what you
want!

Being your **Authentic SELF** takes
practice, it's a **Lifelong Journey!**

Are you being true to yourSELF?

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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Jane Thomas ACC
Principal Coach
Essence Coaching



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