



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 42

Monday 12th October, 2009

Abundance of the heart, **Fullness!**
Tsunamis and the search for Aisling
– NZ'ers are reaching out -
Connecting! People are donating
their time, expertise and money to
those in need. **Abundance** is
Connection with others A balance of
Giving and **Receiving!**

Sign up for the Challenge & Donate.

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](#)