



**essence**coaching  
essential + common sense

# Essential Pearl

## Weekly self\* tip



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**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  
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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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