



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Permission!

Sometimes we need to give ourselves **Permission** not to be **100% Perfect!**

Sign up for the Spring Challenge 30 mins a day for 30 days. For your Happiness, Wellbeing & Confidence. Click website for info.

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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