

Having trouble viewing this email? [Click here](#) to see it in your browser



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



Issue 44
Tuesday 24th October

Being Congruent is Important!

Are your **thoughts**, **words** and **actions** in
harmony with each other?

Being Congruent is the **energy source** of
living life fully, knowing **Who** you are
and **What** you want!

Are You Being Congruent?

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@example.com. 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.