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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

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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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