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essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



Issue 49
Monday 30th, November

Surrender Today! It's about
"allowing things to happen".

Surrender is living life with **faith** and
trust in your **intuition!** Not being
attached to outcomes, control and
perception, it's **letting go** of fear, anger
and resentment.

Surrender Today! Live Life with
Harmony, Balance Joy & Purpose

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Visit our website
www.essentialgym.com

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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