



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



Issue 50
Monday 7th, December

Joy, Peace and Love

These words apply to December!

Joy our response to happiness, pleasure and abundance. **Peace** of mind represents health, bliss and happiness. **Love** consists of acceptance, caring and faith. Allow these words to carry you through your day.

Check out our website its almost complete...

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

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