



**essence**coaching  
essential + common sense

# Essential Pearl

Weekly self\* tip



Issue 51  
Monday 14th December 2009

## "Merry Christmas!"

Have a Wonderful, Safe and Happy  
**Festive Season Everyone!**

Wishing you all **Abundance** and  
**Prosperity** in **2010** a year filled with  
**Wellbeing, Happiness and Joy!**

Issue 51 is the last Pearl for 2009  
**Joy, Love and Laughter, from Jane**

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[www.essentialgym.com](http://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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