



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



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Happiness is when what you think, what you say, and what you do are in harmony - *Mahatma Gandhi*

Practice being congruent with your **thoughts**, **words** and **actions** and you will enjoy an inner state of wellbeing
- **Happiness!**

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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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