

Jane Thomas

From: Jane Thomas [jane@essensecoaching.co.nz]

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To: 'Jane Thomas (E-mail)'



Issue 1

5 January 2009

Happy New Year

May 2009 bring you 'Happiness & Joy' 'Peace & Prosperity'

Essential Pearls will be based on the Essential Gym monthly theme.
January's theme is Appreciation and Gratitude.

"Begin the New Year practicing gratitude and appreciation.

By being thankful for what you have, YOU uplift your spirits.

YOU create a positive attitude.

With the right attitude you can

- ✓ **Foster possibilities**
- ✓ **Create space for new opportunities**
- ✓ **Achieve new goals**
- ✓ **Reach new expectations"**

[Read more...](#)

The Essential Pearl will be coming into your email box weekly on a Monday if you would rather not receive this please [unsubscribe here](#). You have permission to forward to a friend.

Essential Pearls are a sample of what we offer at the Essential Gym

An holistic coach approach to sustainable SELF* Wellness

Tone Up - Your Mind, Soul and Body!

Visit our website www.essentialgym.com

Healthy Mind, Body & Soul = Healthy, Enriched Rewarding Life

*SELF soul essence love fulfillment



Jane Thomas ACC
Principle Coach of
Essense Coaching