

Jane Thomas

From: Jane - Essential Gym [jane@essensecoaching.co.nz]
Sent: Monday, 30 March 2009 10:55 a.m.
To: Jane Thomas
Subject: Essential Pearl 14



essencecoaching
essential + common sense

Essential Pearl

Weekly self* tip



ISSUE 14
Monday 30th March, 2009

In our world today have **Courage** to
'Let Go' of What Was!
Embrace **Change!**
Embrace the **NOW!**

Please **Forward** to a Friend

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

© 2009 Essense Coaching Ltd

Jane Thomas ACC
Principal Coach
Essense Coaching



This email was sent to jane@essensecoaching.co.nz. If you are not the intended recipient of this email or no longer wish to receive communications from Essense Coaching, please [click here](#) to unsubscribe. If you have been forwarded this email by a friend and would like to subscribe to the free weekly emails by Essense Coaching [click here](#)