


Jane Thomas

From: Jane - Essential Gym [jane@essensecoaching.co.nz]
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essencecoaching
essential + common sense

Essential Pearl

Weekly self tip*

ISSUE 16
Tuesday 14th April, 2009

Be Courageous! Have Courage!
Courage to Let Go, to be Flexible
to Trust that 'Now' is Perfect!
This week embrace Courage!

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

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