


Jane Thomas

From: Jane - Essential Gym [jane@essensecoaching.co.nz]
Sent: Monday, 16 February 2009 9:14 a.m.
To: Mark
Subject: Essential Pearl 8 - Preview



Essential Pearl

Weekly self* tip

Issue 8
Monday 16th February, 2009

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!**

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 mark@cackle.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](#)