



# Unlocked

**International fitness, health and wellness expert, Carmelle Crinnion, who specialises in Pilates and Reformer Pilates, has over 30 years of experience working with individuals and teaching classes across the globe.**

**A competitor in World Championship Olympic Distance Triathlons and Body Sculpting Competitions, Carmelle is no stranger to the high pressure environments and tough training regimes needed to get individuals to a World Class Level of fitness and nutrition.**

**Bringing Kinesiology and spiritual healing into her service repertoire, her clients receive a full holistic experience when they work with her.**

**Based in Sydney, Australia, Carmelle works with clients remotely online as well as in person.**

**CARMELLE CRINNION**

## SPECIALIST TOPICS

### WELLNESS:

- Kinesiology
- Spiritual Healing
- Conversations with Soul
- Tantric and Prostrat Massage

### WOMEN'S LIBERATION:

- Breast Implant/Explant
- Essure and Metal Toxicity
- Contraception Choices
- Body Confidence
- Motherhood and Marriage

### HEALTH AND WELL BEING:

- Strength and Flexibility
- Nutrition
- Eating Disorders
- Anaemia

### FITNESS TRAINING:

- Discipline & Dedication
- Nutrition Planning
- Body Image Transition
- Fitness Addiction

I had spent too long feeling soulless. In fact, I had been so extremely distraught at my own disconnection, feeling like I didn't know what was best for me in even the smallest of decisions, that in desperation one day I declared out loud - in private - "I don't have a soul. Furthermore I would be better off leaving decisions to others to make for me, since they seem to know what is best for me". Saying those words felt like speaking the truth and to be perfectly transparent, I felt relieved. Relieved of the burden of anguish and disconnection to myself. This was the first step towards taking ownership of the direction of my life, and even though it felt like I was taking the easy way out, I was opening a Pandora's box of healing and unexplored potential.

This book is my personal journey through a life that has taken unimaginable twists and turns. If you feel like life is just not working out the way you had planned, you are the one who holds the key to becoming unlocked. It's accessing your key that requires some very simple - but not easy - steps.



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