

UNLOCK THE KEY TO YOUR HEALTH

The Key to Health is the second course in the Key Series, which was founded by scientist and founder of The Key, Christine McGrory.

The latest course, The Key to Health, was launched by Health Visionary Lilia Sinclair and focuses specifically on creating a healthier future.

Following a highly successful career setting up a number of businesses, Lilia Sinclair, driven by personal circumstances, began to search for a deeper understanding of people's health. Embarking on a course at Strathclyde University Lilia achieved Nutritional Healing Qualifications and gained her Practitioners Diploma adding her knowledge and training in Reiki, Vibrational Healing, Kinesiology, massage and EFT.

Lilia set up her chain of Heaven Health Boutiques, an innovative approach to health, where she works with people from all walks of life who are committed to improving their health. Through her work with her many clients Lilia came to realise that it was the mind that stood in the way of many of them moving forward and she began to search for a mind therapy that she could add to her already vast knowledge to help her clients.

Lilia found what she was looking for in the Sedona Method after stumbling upon the therapy during her research. She travelled to Sedona in Arizona to study under Hale Dwoskin, star of The Secret and founder of the Sedona Method. She is now qualified as a Sedona Coach is the only Level 2 Sedona Coach in Scotland and one of less than 50 Sedona Coaches in the UK.

Lilia met Christine McGrory at events over the years and attended the first Key to Wealth, Health and Happiness Course when it launched.

"I was so impressed by The Key course and knew that this format could easily be adapted to incorporate a focused health approach". The two began to collaborate with her expert background in Health, is leading The Key to Health Course.

Lilia is passionate about helping people to take control of their own health and to educate them in the power of their emotions and how if we simply let go of them and unlock we can create what ever picture of health you desire.

"I am passionate about and I am honoured and delighted to have collaborated in this programme "The Key to Health" and educate people on how to "Unlock" negative emotions, especially "fear". The two day course focuses on teaching The Eight Laws of Mother Nature showing how simple it is to achieve optimum health when we operate within the health laws our bodies were created to operate within.



Lauren Taylor, will deliver The Key to Health & Wellbeing Course.

Lauren Taylor, a Key Teacher with a number of years experience in the health and fitness industry will now deliver The Key to Health and Wellbeing Weekend Programme in Glasgow.



Health Visionary, Lilia Sinclair



Founder of The Key, Christine McGrory & Lilia Sinclair

The cutting edge programme will;

- Help you truly understand the link between your thoughts and the physical impact these can have on your well being.
- Explore the effect food and emotions have on your body... right down to your cells!
- Quieten the internal chatter and release limiting beliefs.
- Encourage your body to heal naturally leaving you more energy and focus to create the future of balanced well-being.
- Teach you a quick and simple UNLOCK TECHNIQUES that allow you to unlock negativity instantly and anytime you want to feel better.

This ground breaking course explains why we do the things we do and how we can unlock the past to achieve a more positive and healthy future.

Discovering the secret that the body/mind has an innate capacity to heal, we just need to allow it.

To discover more, visit www.unlock-the-key.co.uk or email create@unlock-the-key.co.uk



MOTHER NATURE
REMEMBERED
THE KEY TO HEALTH
UNLOCKED

Discover more at
www.unlockthekey.com

UNLOCK THE KEY TO YOUR HEALTH



Health Visionary,
Lilia Sinclair



Founder of The Key,
Christine McGrory & Lilia Sinclair

The Key to Health is the second course in the Key Series, which was founded by Law of Attraction expert Christine McGrory, to help people attract more health, wealth and happiness into their lives. The Key helps people create their own definition of happiness, balancing the focus on wealth, health, happiness and relationships. The course launched in March this year gives a clear understanding of the Law of Attraction, how it works and introduces "The Creation Process", a simple three-step formula to manifest a life of wealth, health and happiness right now.

The latest course, The Key to Health, is being launched by Health Visionary Lilia Sinclair and focuses specifically on creating a healthier future.

Following a highly successful career setting up a number of businesses, Lilia Sinclair, driven by personal circumstances, began to search for a deeper understanding of people's health. Embarking on a course at Strathclyde University Lilia achieved Nutritional Healing Qualifications and gained her Practitioners Diploma adding her knowledge and training in Reiki, Vibrational Healing, Kinesiology, massage and EFT.

Health Visionary, Lilia Sinclair, is previewing the inspiring "The Key to Health" course at The Truth Matters Conference in Glasgow on August 21st 2010.

Lilia set up her chain of Heaven Health Boutiques, an innovative approach to health, where she works with people from all walks of life who are committed to improving their health. Through her work with her many clients Lilia came to realise that it was the mind that stood in the way of many of them moving forward and she began to search for a mind therapy that she could add to her already vast knowledge to help her clients.

Lilia found what she was looking for in the Sedona Method after stumbling upon the therapy during her research. She travelled to Sedona in Arizona to study under Hale Dwoskin, star of The Secret and founder of the Sedona Method. She is now qualified as a Sedona Coach is the only Level 2 Sedona Coach in Scotland and one of less than 50 Sedona Coaches in the UK.

Through her work with the Sedona Method and Law of Attraction Lilia met Christine McGrory at a number of different events over the years and attended the first Key to Wealth, Health and Happiness Course when it launched earlier this year. Lilia said, "I was so impressed by The Key course and knew that this format could easily adapted to incorporate a focused health approach". The two began to collaborate and as time progressed Lilia became one of The Key's Unlock Mentors and now, with her expert background in Health, is leading The Key to Health Course.

Lilia is passionate about helping people to take control of their own health and to educate them in the power of their emotions and how if we simply let go of them and unlock we can create what ever picture of health you desire.

The Key to Health course will be launched in Glasgow in October however, when given the chance to participate in The Truth Matters Conference, Christine and Lilia decided to pull the preview for the course forward as it provided the idea forum in which to hold this seminar. Lilia said, "This is a subject I am passionate about and I am honoured and delighted to be holding two 1-hour seminars to promote the

"The Key to Health" and educate people on how to "Unlock" negative emotions, especially "fear". The one-hour seminar will give you a taste of things to come in the full Key to Health course, which will be available for you to book on the day, and you have the advantage of being the first to hear everything Lilia has to say. A special discount is being offered to those attendees who book at The Truth Matters Conference.

Join us to Unlock The Key to Health, an inspired workshop created to help you attract a more healthy and energetic approach to life.

The workshop will;

- Help you truly understand the link between your thoughts and the physical impact these can have on your well being;
- Explore the effect food and emotions have on your body... right down to your cells!
- Quieten the internal chatter and release limiting beliefs;
- Encourage your body to heal naturally leaving you more energy and focus to create the future of balanced well-being;
- Teach you a quick and simple UNLOCK TECHNIQUE that allows you to unlock negativity instantly and anytime you want to feel better.

This ground breaking workshop will explain why we do the things we do and how we can unlock the past to achieve a more positive and healthy future.

Discovering the secret that the body/mind has an innate capacity to heal, we just need to allow it.

Unlock the Key to Health is a seminar you must visit. The seminars are FREE and are running at 11am and again at 2.30pm.

To discover more, visit www.unlock-the-key.co.uk or email create@unlock-the-key.co.uk



THE KEY
TO HEALTH

A DOOR OPENED
A QUESTION ANSWERED
A SECRET REVEALED
THE KEY TO HEALTH
UNLOCKED

LAUNCH COURSE
Saturday 23rd October 2010
LIMITED SPACES AVAILABLE

Discover more at
www.unlock-the-key.co.uk
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