

One Day Intensive Retreat

Deciding to undergo an IVF treatment is an extremely difficult choice and often simple natural approaches can help restore your natural fertile health. Spend a day with me (online or in person) where we really transform your approach to your fertility. We start to assess your lifestyle and barriers and heal your fertility stress. You leave feeling emotionally strong, with confidence of what to do next for your fertility. If in person the session includes highly specialized reflexology treatments but if doing it online you get taught new techniques to use at home.

This beautiful day is designed to put in place your plan to improving your natural fertile health. It opens your eyes to possible barriers that may be affecting you. It is the ultimate experience to get you feeling in control of an emotional and challenging time. The day is fully personal to your needs, so you come to the session with the aim of resolving your key issues. It's an empowering day that heals the endless stress on fertility and makes you feel yourself again.



"I can't believe I am actually pregnant. After years of trying and being messed around by the medical routes I decided to take control of it myself and go see Katharine. She was recommended to me by a friend. I got so much more the what I was expecting from the sessions and it has made me make decisions in all parts of my life. The treatment sessions are amazing and you can start feeling different immediately. I would recommend anyone thinking of getting pregnant to go see Katharine. I struggled for years and my bmi was not ok for treatment and my depression and pcos all made me feel hopeless. I've only had 4 of my intensive sessions and started with her about 8 weeks ago!"

Limited places each month

How does the Fertility Kick Starter help me?

- A 5hr coaching session to start your new direction
- Uncover your barriers to conception
- Brings strength and closeness with your partner

- Make choices and decisions from an empowered, calm place
- Cleanse your negative thought patterns and feel light and in control
- Bring balance to your emotional health
- Find happiness and feel sensual and feminine again
- Give you refreshing confidence about your future
- Emerge strong and ready to deal with challenges

Why does this work so well?

- Over 15+ years of treating infertility
- Training, research and collaboration with respected integrated medics & holistic experts in their field
- Designed sessions that are easy to follow, sensitive but effective

As a special BONUS for signing up

- A powerfully relaxing, fertility meditation
- Follow up half hour consultation, plus 48 hours of support after the day
- Refreshments provided (in person option only)

All terms and conditions are on the Mama Be website. Any statements outlined on our website(s), courses, products, services, content and offerings are simply our opinion and are not guarantees or promises of actual performance. We offer no medical or psychological advice. You should always consult your doctor for fertility issues.

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