



Chronic Illness Recovery

HELPING WARRIORS RETURN TO MOVEMENT & FIND RELIEF FROM SURVIVAL MODE

Does this sound familiar?

YOU HAVE A GOOD DAY, SO YOU TRY TO BE MORE ACTIVE:

The movement feels fine in the moment, but the next day you're exhausted, in pain, or dealing with a symptom flare. Now you're questioning whether movement is helping or hurting—and you're afraid to try again.

YOU'VE TRIED ALL THE RELAXATION TECHNIQUES WITH NO RELIEF:

The deep breathing, mindfulness apps, and self-care routines seem to help everyone else, but your body still feels stuck in overdrive. Rest doesn't feel restful, and you can't seem to quiet the tension, aches, or constant state of alert.

YOU MISS THE VERSION OF YOURSELF BEFORE ILLNESS:

Maybe you were an athlete, a runner, or someone who loved pushing your limits. Now you're unsure how to move in a body that feels unpredictable, and you don't know where to begin rebuilding confidence.

Who is this perfect for?

Chronic
Lyme & co's

Persistent pain
& tension

Persistent
anxiety

Healing has
plateaued

How we work:

100%
virtual

Brain-Body
Connection

100%
individualized

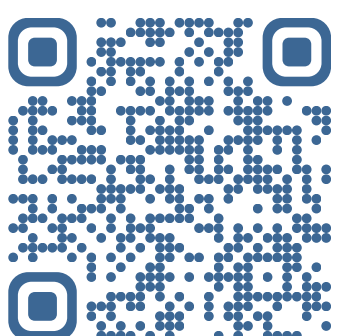


Meet Kathryn

OCCUPATIONAL THERAPIST
+ LYME WARRIOR

From a young age, Kathryn spent years rebuilding her health and learning how to navigate the challenges of Lyme Disease and Bartonella, symptom flare-ups, and exercise intolerance. Through nervous system healing and a gradual return to movement, she progressed from struggling with everyday activities to completing a half marathon.

Kathryn combines professional expertise with lived experience to help others rebuild trust in their bodies, return to movement safely, and reconnect with the activities that bring them joy.



Want to learn more?

BOOK A FREE
CONSULTATION CALL

