

MARINE SÉLÉNÉE

A 3-MONTH PRECONCEPTION PROGRAM

Your body isn't broken. It's *protecting* you.

*Creating the conditions in which
your body feels safe enough to
say yes.*

Marine Sélénée

FAMILY CONSTELLATIONS & ENDOBIOGENY

THE PREMISE

What is your body trying to protect you from?

You've been told something is wrong with you.

Your hormones. Your eggs. Your timing. Your body.

But what if the real question isn't *why aren't you getting pregnant* — but what is your body trying to protect you from?

After years of working with women through Family Constellations and Endobiogeny, I've learned one thing clearly: the body doesn't malfunction randomly. It is always making an intelligent decision. And one of the most intelligent decisions it can make is to *not* create a life in an environment it doesn't yet consider safe.

This program is not about fixing you. It is about creating the conditions in which your body feels safe enough to say yes.

WHO THIS IS FOR

This program is for you if...

- ☐ You've been trying to conceive, and it isn't happening.
- ☐ You've been told everything looks "normal" but something still feels off.
- ☐ You suspect stress, emotional history, or your environment may be playing a role.
- ☐ You want to approach fertility from the inside out — nervous system, lineage, body.
- ☐ You are open to exploring both the physiological and the emotional roots of what your body is holding.

THE APPROACH

Two ways of listening to the body

Together, these two approaches address what most fertility journeys miss: the *why* behind the body's hesitation.

LINEAGE

Family Constellations

Sometimes what the body is protecting you from has nothing to do with your present life. It lives in the lineage — a mother who didn't want to be a mother, an ancestor who lost a child, a fear of repeating a painful pattern. The body carries these stories. And until they are witnessed and released, they can create invisible blocks to conception.

TERRAIN

Endobiogeny

Endobiogeny looks at the whole terrain — the endocrine system and the nervous system — and asks: what are the conditions inside this body right now, and how can it be gently supported?

"Before the body can open, it needs to feel safe."

THE PROGRAM · 3 MONTHS · 6 SESSIONS

An arc from safety to opening

MONTH 1 Safety & Assessment

"Before the body can open, it needs to feel safe."

Session 1 · Deep Intake & Terrain Assessment

90 MIN

We begin by mapping your full picture: health history, cycle patterns, stress load, environment, and emotional landscape. We look at what your body has been carrying and where the pressure is coming from. I will also guide you through a detailed Endobiogeny assessment.

Session 2 · Family Constellations

90 MIN

We open the lineage. We look at the stories around motherhood, loss, and belonging in your family system. What has been passed down? What is your body still holding in loyalty to someone or something that came before you? This session is the foundation of everything that follows.

MONTH 2 Release & Nourishment

"The body heals when it is nourished, not when it is forced."

Session 3 · Endobiogeny Follow-Up

60 MIN

We review how your body has responded to the first month of support.

Session 4 · Family Constellations

90 MIN

We go further into what emerged from the first constellation. Often something new surfaces — a specific fear, a loyalty, an unspoken story. We work with it directly, gently, and with full presence.

MONTH 3 Integration & Opening

"The work is not to force the body. It is to create the conditions in which it feels safe enough to say yes."

Session 5 · Integration Session

60 MIN

We look at the full arc of the three months. What has shifted? What has released? What does your body feel like now compared to where we started?

Session 6 · Family Constellations

90 MIN

A closing constellation — to anchor what has been released, to honor the lineage, and to open space for what is coming. This session is often the most profound. Something new becomes possible here.

INVESTMENT

Full 3-Month Program — 6 Sessions

\$1,800

Payment plans available · two payments of \$900

- 6 personalized sessions (4 × 90 min + 2 × 60 min)
- Full Endobiogeny terrain assessment
- Food, lifestyle & plant recommendations

A NOTE FROM MARINE

I want to be honest with you.

This program does not guarantee pregnancy. Nothing can. And anyone who promises otherwise is not being truthful with you.

What this program does is address what most fertility journeys miss — the nervous system running on emergency, the lineage that hasn't been witnessed, the terrain that hasn't been nourished, the body that has been pushed rather than listened to.

I have worked with women for over 12 years. I have seen bodies that medicine had given up on find their way back to themselves. I have seen lineage patterns release after decades of holding. I have seen nervous systems exhale for the first time in years.

I cannot promise you a baby. But I can promise you this: by the end of three months, your body will feel different. And from that different place, anything becomes more possible.

With love,

Marine Sélénée

EMAIL

marine@marineselenee.com

WEBSITE

www.marineselenee.com

This program complements, rather than replaces, medical fertility support — please continue working with your healthcare team. Marine Sélénée's program is not intended to replace professional medical, psychological, or psychiatric advice, diagnosis, or treatment.