



udhara

A Spiritual & Wellness Guide

**UDHARA- A sacred space for healing,
awakening, and transformation.**

by Ashitha

SPECIAL LAUNCH EDITION BROCHURE

www.udhara.site



WELCOME

Udhara is more than a healing space — it's a sacred journey back to yourself. Born from the intention to help souls reconnect, release, and rise, Udhara brings together holistic healing practices that nurture your mind, body, and spirit.



→ [KNOW MORE](#)



WHY UDHARA

To create a safe, compassionate, and transformative space for healing and self-discovery. At Udhara, we believe every soul deserves to feel seen, loved, and whole.

- Personalized and intuitive healing experiences
- A heart-centered, trauma-informed approach
- Deep emotional and energetic alignment
- Both online and in-person sessions available

WWW.UDHARA.SITE

WHAT WE OFFER

ENERGY TRANSFORMATION

01 ENERGY HEALING

Restore balance and harmony within your energy field, chakra aligning & releasing blocks that limit your flow of life force.

- Clears energetic blockages and restores vitality
- Enhances emotional balance and calmness
- Promotes overall well-being and self-awareness

02 TRAUMA & PAIN HEALING

Gently release emotional imprints and patterns, allowing deep emotional freedom and peace to emerge including healing physical pain.

- Frees you from repeating painful cycles
- Promotes forgiveness and inner safety
- Restores a sense of empowerment and stability

03 INNER CHILD HEALING

Reconnect with your true essence by embracing and healing the wounded parts of your past self.

- Releases suppressed emotions and old patterns
- Restores self-worth, trust, and playfulness
- Brings inner peace and authentic self-expression

04 WOMB HEALING

For women seeking reconnection, rejuvenation, and renewal—heal ancestral, emotional, and creative energies held in the womb space.

- Balances creative and feminine energy
- Heals ancestral and emotional imprints
- Enhances fertility, sensuality, and intuition





AWAKENING & EMBODIMENT

01 SPIRITUAL RECONNECTION

A remembrance for lost souls or reconnection to the divine.

- Learn tips to connect with your Divine daily.
- Learn meditations & techniques like taking 'Sankalpa'.
- Learn to pray in proper mindset and build a 2-way communication with the Divine.
- Learn manifestation techniques to make your dreams come true.

02 SOUL AWAKENING SESSION

A journey back to your truth, your power, and your highest self.

A Soul Awakening Session is a deep, transformative energy process that helps you reconnect with the wisdom, clarity, and light that already exist within you

- Energetic activation of purpose, clarity, and soul gifts
- Guidance from your higher self and spiritual support team
- Grounding + integration so you feel stable, calm, and empowered

03 INTUITION ACTIVATION SESSION

Unlock the gifts your soul has always carried.

This session is designed for anyone who feels they have intuitive or psychic abilities — visions, sensations, dreams, gut feelings, or energetic sensitivities — but doesn't fully understand them yet.

- Understand your psychic type (empath, clairvoyant, clairaudient, clairsentient, intuitive healer, etc.)
- Learn how your intuitive messages come in

DIVINATION & GUIDANCE

01 SPIRIT COMMUNICATION & SPACE CLEARING

Communicate with higher guidance, release energetic attachments, and restore harmony to your spiritual field.

- Clears stagnant or intrusive energies
- Strengthens your spiritual protection and intuition
- Brings messages and healing from higher realms
- Promotes a sense of peace, lightness, and clarity
- Clearing new spaces and lands through communication with elemental spirits.

02 TAROT READING

Gain clarity, guidance, and insight into your life's path, career, finances, health and relationships through intuitive and heart-centered readings.

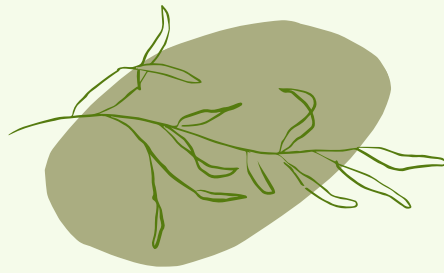
- Brings clarity on life choices and challenges.
- Offers guidance & support decision making- in your life path while encouraging self-reflection and empowerment.

03 SPIRITUAL GUIDANCE SESSION

It supports you in navigating challenges, making aligned decisions, and reconnecting with your inner truth.

- Answers to your pressing questions (life, relationships, purpose, healing)
- Direction on next steps for growth, healing and alignment
- Practical tools & spiritual recommendations to support you





SESSIONS BY UDHARA

Whether you're curled up in your room on the other side of the world or quietly crying behind a strong face, this space is here for you. No judgment, no fixing – just presence, healing, and remembrance.

- All sessions are intuitively tailored to your energy and current needs.
- Available via online (Zoom/Meet) or in-person if applicable.
- Combination packages and personalized healing plans available on request.
- Each session includes gentle integration guidance for aftercare.

Note : Healing is not a replacement for medical or psychological treatment, but it can beautifully support and enhance your recovery process —helping you restore balance, peace, and inner strength.



SPECIAL LAUNCH OFFERS

To celebrate the launch of Udhara.site, we're offering special introductory prices on all healing sessions.



Launch Offer Valid Till - 31st Dec 2025

CONSULTATION FESS
(1 HOUR) - 2500/-

Launch Offer
1500/-

Healing Service	Regular Rate	Launch Offer
Energy Healing (Mini 3 Healing Sessions)	₹15,000 per session	₹10,000
Trauma & Pain Healing (3-5 Healing Sessions)	₹20,000 per session	₹15,000
Inner Child Healing (Mini 3 Healing Sessions)	₹15,000 per session	₹10,000
Womb Healing (Mini 3 Healing Sessions)	₹15,000 per session	₹10,000

Healing Service	Regular Rate	Launch Offer
Whole Energy Traformation (Combo Service)	₹30,000 per session	₹25,000
Awakening & Embodiment Session (Combo Service)	₹30,000 per session	₹25,000
Spiritual Guidance & Divination (Combo Service)	₹30,000 for 5 sessions	₹25,000
<p><i>Note : Client can choose to receive spiritual advices & tips for 6 Months anytime in working days for a one time payment of ₹30,000 for this service</i></p>		

Tarot Reading & Guidance (Launch Offer)

₹1,500

(1 Hour Reading)

₹2,500

(2 Hour Reading)

₹4,750

(3 Hour Reading)



***Give yourself the gift of healing before this year ends.
Step into 2026 lighter, clearer, and more aligned –
book your session before 31st December and embrace
our special launch offers.***



Consult & Book A Session



CONTACT@UDHARA.SITE;
UDHARAWELLNESS@GMAIL.COM



<https://wa.me/message/5WJ3OHEH2BUSJ1>



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