



WHOLISTIC WELLNESS

With Dr. Ameeta Thacker



*"Ignite the magick of
your essence"*



DR. AMEETA THACKER

MIND BODY THERAPIST & HOLISTIC DOCTOR



ABOUT WHOLISTIC WELLNESS WITH DR AMEETA

The term '**Wholistic Wellness**' indicates a Comprehensive Holistic Nurturing of an Individual with regards to their physical, mental, emotional, spiritual, financial and social well-being.

Wholistic Wellness with Dr. Ameeta “holds a gentle non judgemental healing space in a holistic way” for facilitating your healing journey from illness to wellness, from disease to health through a spectrum of drugless complementary modalities that works on your Mind, Body and overall Energy with the bare minimum possible prescription of medicines.

Your Healing Journey with “**Wholistic Wellness Therapies, Workshops and Curated Wellness program**” ensures deep healing transformative process guiding you towards ease in mind and body, peace of mind, clarity, being more present and harmonious balance within and out.

Through the expert guidance and more than two decades of experience of Dr. Ameeta Thacker in the field of Holistic medicine (mainstream and alternative healing modalities) “**Wholistic Wellness with Dr. Ameeta**” envisions to reconnect to your Inner essence through your soul mind and body synchronization to restore total wellbeing and harmony within as well as with the outer environment.

Wholistic Wellness Therapies are validated with extensive scientific research and have demonstrated decades of successful outcomes.

Dr. Ameeta Thacker with her expertise, after understanding your needs and wants will determine and utilize the most suitable therapeutic intervention that best suits you and your condition in a safe, gentle way to align you on your journey towards integrating your mind, body and soul.

[Steps in a therapy session \(click on this link \)](#)





Wholistic Wellness can help you with

- ❖ Anxiety issues
- ❖ Anger issues
- ❖ Managing stress , mood swings
- ❖ Low Self Esteem and confidence issues
- ❖ Remove Fears / Phobias
- ❖ Emotional and /or physical pain non responsive to medicines
- ❖ Abuse Issues
- ❖ Transform toxic habits
- ❖ Procrastination
- ❖ Motivation for: Public Speaking
- ❖ Enhancing performance
- ❖ Focus and Concentration
- ❖ Improve Sports performance
- ❖ Holistic mind body treatment of Chronic diseases
- ❖ Allergies

Many more...

Wholistic Wellness Therapies

- ❖ Integrated Clinical Hypnotherapy
- ❖ Transpersonal Regression Therapy
- ❖ Family Constellation
- ❖ Energy Healing with Access Bars and Access Body Process
- ❖ Homeopathy medicines
- ❖ Bach Therapy



Curated Wholistic Wellness Programs

Special Programs are available for chronic diseases that may be psychosomatic (related to mind and body), auto immune in nature, lifestyle related

1. Thyroid -Thryo Therapy
 2. Heart ailments – Heal your Heart
 3. Weight – Be Fit Be You
 4. Cancer (Integrative and Palliative)
- Many more ...

Specific Groups which are predominantly based on relationship such as:

1. Parenting – Conscious Nurturing
2. Children- Teenagers Mentoring
3. Couple /Relationship Counseling
4. Family Therapy





WHOLISTIC WELLNESS THERAPY & TRAINING SESSIONS SPACE
ROOM SATURN. FIRST FLOOR, HOTEL SUBA GALAXY, PROF. N. S. PHADKE ROAD
VIJAY NAGAR, ANDHERI EAST

(Click on the below **links** to know more)



About Dr. Ameeta Thacker



Training Programs



www.wholisticwellness.in



For Therapy:

Monday to Saturday (Only by appointment)

For Personalised therapy sessions as well as Training Programs:

We appreciate you **DM on WhatsApp.**

Click here for FAQ



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www.wholisticwellness.in



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