



Gina Allgaier

Whole Health Facilitator

Education

Texas A&M University BS Marketing / Management

Certifications

Chopra Total Wellbeing Coach, Chopra Meditation Instructor, Chopra Health Instructor, CMA Certified Sound Healer, Usui Shiki Ryoho Reiki Level 1

About Me

I am married, a mother of all boys, and founder of an Arkansas non-profit passionate about helping people improve their wellbeing and live sustained recovery lifestyles free from addiction.

My motto is “we’re all in recovery from something” but we have the capacity to tune into our body’s innate wisdom, allowing it to guide us towards self-discovery and healing.

Personal Interests

Being out in nature is my favorite pastime, whether walking, hiking, biking, paddle boarding or just enjoying time with family and friends. I enjoy being at home, cooking, listening to music and learning and love to travel.

Walton Family
Whole Health & Fitness