

# Unlocking the Healing Power of Balance

Daniela Gargiulo was born in London, England, and spent her early childhood in a small village in Sicily, Italy, where her family embraced a self-sustainable lifestyle on a farm. At the age of nine, her family relocated to the United States, marking the beginning of a transformative journey.

Health has always been a cornerstone of Daniela's life. At 17, she began her fitness journey, earning certifications in the Barre Method and TRX Suspension Training. She quickly advanced, becoming a certified personal trainer and eventually competing in her first bodybuilding competition.

Despite her success, years of rigorous training for bodybuilding took a toll on her mental and physical health. Seeking to restore balance, Daniela worked with a functional health coach to heal her hormones and repair her gut health. While this process significantly improved her physical well-being, she realized deeper emotional

and spiritual healing was needed to address childhood and adolescent trauma.

This realization led her to explore various therapeutic modalities, including EMDR, LENS, and psychotherapy. Although Western approaches brought valuable progress, Daniela felt called to dive into holistic and integrative methods. She moved to Hawaii to deepen her healing journey, embracing Ketamine-assisted therapy, plant medicine, Chinese medicine, and Ayurvedic practices.

After three years in Hawaii, Daniela became a digital nomad, living in 13 countries and immersing herself in each region's unique holistic and spiritual traditions. During this time, breathwork, sacred medicine, and Tantra became integral to her personal and professional practice. Recognizing the transformative power of nervous system healing, she pursued over 550 hours of teacher training certifications in breathwork and Tantra.

Daniela Gargiulo



## Begin Your Journey

Above, Daniela guides clients through a breathwork journey, bringing them into a more embodied, present state. This type of technique helps them achieve mental, emotional, and spiritual clarity.

Today, Daniela offers a wide range of healing modalities, including shamanic and re-birthing breathwork journeys, ice baths and nervous system regulation techniques, sacred medicine ceremonies, and Tantra sessions. Combining these practices with holistic health coaching, she guides clients out of their minds and into a more embodied, present state. Her approach helps individuals safely integrate trauma, reduce stress, and achieve mental, emotional, and spiritual clarity.

She facilitates pop-up ceremonies and journeys locally in Springfield, across the U.S., internationally, and online. With over a decade of experience in holistic health coaching, Daniela remains deeply inspired by the resilience and potential of the human body and spirit.

Daniela firmly believes that her gifts are divinely inspired and that God works through her as a vessel to guide others toward harmony and wholeness. She is dedicated to creating safe, nurturing spaces where individuals can explore personal transformation, healing, and spiritual growth.

To stay informed about upcoming sacred ceremonies, breathwork journeys, or to schedule individual sessions, feel free to contact Daniela at 808-223-0422 or via email at [soultosoulharmony@gmail.com](mailto:soultosoulharmony@gmail.com).



With Love, Daniela

Join us for a soul nourishing and life-changing retreat, set on a stunning 170-acre serene farm in Niangua, MO. This deeply transformative experience invites you to reconnect with your essence through a variety of healing modalities and sacred ceremonies, including:

- Profound journeys with sacred medicine
- Flowing and grounding Yoga sessions
- Vibrationally attuned Sound Healing
- Liberating and joyful Ecstatic Dance
- Heart-opening Cacao Ceremony
- Restorative and energizing Bioenergetics
- Deeply cleansing and clarifying Breathwork
- Centering and calming Meditations

## Soul to Soul Harmony

Weekend Retreat:  
February 8th & 9th, 2025