

# Cintya Chaves



WEBSITE [cintyachaves.com](http://cintyachaves.com)

I am a dedicated yoga teacher committed to guiding students in connecting breath, movement, and presence. My approach is simple yet profound, rooted in mindful practice and body awareness.

I have taught a wide range of students—including beginners, children, and actors seeking to enhance their stage and on-camera presence through yoga and breathwork. I integrate theory into each class, helping students understand the purpose and benefits behind the practice. Sessions are always tailored to individual needs, honoring each body's unique strengths and limitations.

My goal is to empower students to bring yoga principles into their daily lives, cultivating balance, awareness, and authenticity. I also offer introductory courses for those beginning their yoga journey or seeking a deeper understanding of yoga philosophy. In addition, I write and narrate guided meditations for the apps Sleepiest and Calm.

## Education

— 2014 - **IEPY / Yoga Teaching and Research Institute - Course for Kids Yoga Teacher Training** / 36 hours (São Paulo / BR).

— 2013 - **IEPY / Yoga Teaching and Research Institute - Hatha Yoga Teacher Training** / 150 hours. (São Paulo / BR)

— 1999 - **De Rose Method / Swásthya Yoga Teacher Training** / 300 hours. (São Paulo / BR)

## Additional Certifications

— 2011 - Espace Saint-Paul / **Vinyasana Yoga Teacher Training** / 20 hours. (Paris / FR)

## Awards

— 2020 - **Top Yoga Instructor at Mashouf Wellness Center**, San Francisco State University

## Languages

Native fluency in Portuguese and fluency in English. Intermediate fluency in Spanish and basic fluency in French.

## Yoga Instructor

— 2000 to present - Private Hatha Yoga classes - in-person and remote (São Paulo / BR and San Francisco / CA)

— 2022 to present - NXS Executive Wellness - Hatha Yoga classes for SFSU faculty and staff / remote. (San Francisco / CA)

— 2019 to 2022 - Mashouf Wellness Center at SFSU - in-person and remote Hatha Yoga classes - (San Francisco / CA)

— 2014 to 2018 - Bruma Yoga - in-person Hatha Yoga classes (São Paulo / BR)

— 2012 to 2017 - Prema Yoga - in-person Hatha Yoga classes (São Paulo / BR)

— 2014 to 2016 - Prema Yoga - Creator and Instructor of "Introduction to Yoga" course / Theory - (São Paulo / BR)

— 2011 - Space Saint Paul - in-person Vinyasa Yoga classes (Paris / FR)

— 2004 to 2007 - Universidade de São Paulo - in-person Yoga classes for actors (São Paulo / BR)