

Cynthia Adams, MA, E-RYT® 500, YACEP®, is a movement educator with 35 + years teaching dance, yoga, Pilates and fitness in various settings to people of all ages. Cynthia is a certified BioMechanics Method Corrective Exercise Specialist and trained in the Method Pilates through the Physical Mind Institute and Pilates rehabilitation at the Ellie Herman Studio in the San Francisco Bay Area.

Cynthia holds a Masters in Choreography/ Performance from the University of California, Los Angeles and a Bachelor's of Science in Pre-Dance Therapy from New York University, N.Y.

Cynthia is nationally certified to teach both Pilates and yoga and is a Yoga Alliance Continuing Education Provider (YACEP).

A lifelong learner of mindful movement practices Cynthia loves helping people find their own joy in moving freely. Cynthia is an Associate Teaching Professor in Dance at Iowa State University in the Department of Kinesiology.