Stanford



Geno Carvalho

YogaX Program Manager, Psychiatry and Behavioral Sciences

Bio

BIO

Geno Carvalho (He/Him)

MPH, E-RYT500, NBC-HWC, CPT, FNTP

YogaX Program Manager

Geno is a passionate health educator dedicated to helping people make healthy choices and increasing access to health services. As a health educator, teacher, trainer, and coach Geno integrates yoga services with exercise and nutrition programs in clinical settings to promote wellness, prevent disease, rehabilitate injuries, and manage pain. His work is grounded in yoga teachings, the pillars of lifestyle medicine, and the essential services of public health.

Geno has a Master's of Public Health and Recreation with an emphasis on Community Health Education. He is a 500HR Experienced-Registered Yoga Teacher, National Board Certified Health and Wellness Coach, Certified Personal Trainer, and Functional Nutritional Therapy Practioner.

Geno works to promote complete physical, mental, and social well-being and address health equity through coalition building and policy innovation. His work aims to increase individual and collective access to integrative care and build community capacity to empower people to proactively embrace a healthy life informed by their communities' collective experiences.