



# Paul Moore Chaves

## Author/Instructor

Creative visionary and holistic educator with nearly two decades of experience guiding others through transformation. As a certified Medical Qigong Practitioner, I lead retreats, festivals, and workshops nationwide, and offer a growing library of online Qigong courses rooted in energetic healing and mindfulness. A published novelist, screenwriter, and playwright, my storytelling explores the intersections of trauma, spirituality, and resilience. Whether through movement or language, my work empowers others to reconnect with their deepest vitality and truth.

## Contact

### Phone

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### Email

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### Website

[www.pmchaves.com](http://www.pmchaves.com)

## Education

1996 - 2000

**Bachelor of English Literature  
and Dramatic Arts**

University of California, Davis

2003 - 2006

**Masters of Fine Arts**

University of California, Los  
Angeles

## Publications

Lost Soul, OHM Publishing  
09/2015–Present

- [On Amazon](#)
- [On Google](#)
- [On iTunes](#)
- [On Barnes & Noble](#)

eBook Series: How To Be a  
Grasshopper, Grasshopper  
Matures, Grasshopper Mastered

## Volunteer

Reading Partners, Los Angeles

10/2018 – 12/2019

## Experience

2025

One Fest – Yoga, Music, and Arts Festival, Charlotte, NC  
**Qigong Workshop Facilitator & Holistic Movement Educator**

At One Fest – Yoga, Music, and Arts Festival in Charlotte, NC (May 2025), I facilitated an immersive Qigong workshop introducing participants to foundational energy principles and movement practices. I guided a diverse audience through breathwork, meditative movement, and somatic awareness techniques rooted in Medical Qigong, creating a trauma-informed space that encouraged inner connection and community healing. Blending storytelling with nature-based wisdom, I engaged participants in a holistic, intuitive experience that supported mindful embodiment and energetic awareness.

2025

The Om Festival – Yoga, Music, and Arts Festival, Arlington, VT  
**Qigong Workshop Facilitator & Holistic Movement Educator**

At The Om Festival in Arlington, Vermont (July 2025), I led a dynamic Qigong workshop that invited participants into a deep exploration of energy cultivation, presence, and embodied healing. Drawing from over 20 years of experience, I guided attendees through grounding breathwork, flowing movement sequences, and subtle energetic alignment practices rooted in Medical Qigong. The session emphasized restoring inner harmony and reconnecting with nature's rhythms, offering a nurturing and empowering space within the larger festival atmosphere. My appearance contributed to the festival's holistic wellness offerings, bridging ancient wisdom with modern self-care.

2025

NorthWest Arkansas Community College | Bentonville, AR  
**Qigong Workshop Facilitator – Embodied Voice & Character**

Led a specialized Qigong workshop for actors exploring the intersection of breath, energy, voice, and movement in performance. Through grounding practices and flowing sequences, participants learned to deepen emotional expression, release physical tension, and embody character with greater presence and authenticity. The workshop emphasized energetic awareness as a pathway to vocal freedom, emotional access, and holistic character development.

## References

**Mario Troncoso**

The Tree and the Bear, Filmmaker

Phone: 646-771-9773

Email: [mario@thetreeandthebear.com](mailto:mario@thetreeandthebear.com)

**Ed Monaghan**

UCLA, Instructor

Phone: 310-206-6875

Email: [emonagha@ucla.edu](mailto:emonagha@ucla.edu)



## Links

### Website

[www.pmchaves.com](http://www.pmchaves.com)

### LinkedIn

[www.linkedin.com/in/pmchaves/](https://www.linkedin.com/in/pmchaves/)

### Instagram

[www.instagram.com/paulmoorechaves](https://www.instagram.com/paulmoorechaves)

## Certifications

2010-2011

### Medical Qigong Practitioner (M.Q.P.)

Healing Qi Institute, Los Angeles

1. Introduction to Chinese Medical Qigong Therapy
2. Introduction to Diagnosis and Treatments
3. Clinical Foundations of Medical Qigong Therapy
4. The Treatment of Organ Diseases and Medical Qigong Prescription Exercises

## Skills

- Leadership...5/5
- Communication...5/5
- Computer Skills...5/5
- Ability to Work on a Team...5/5

## Hobbies

**Swimming, Chinese Medicine,  
Cooking, Weight Lifting,  
Coffee Shops, Dancing**

## Experience

### 2020-2022

Cocoon Yoga Lab | Bentonville, AR

#### Qigong Instructor

Led immersive weekly Qigong classes blending ancient Taoist energy practices with modern somatic awareness. Cultivated a loyal student base and introduced them to the healing power of moving meditation in a studio known for innovation and wellness. Collaborated with a vibrant yoga and healing arts community to foster holistic transformation through breath, movement, and mindfulness.

### 2021-Present

OHM Enterprises

#### Creator & Screenwriter at Light of Atrion (Animated Sci-fi Series)

Developed and wrote Light of Atrion, an original animated sci-fi series exploring themes of consciousness, resistance, and hope. Crafted a full series pitch deck and pilot script that earned recognition as a Slamdance Screenplay Competition quarterfinalist. Blended visionary storytelling with cinematic structure to create a high-concept world ready for development and production.

### 2004-2005

University of California, Los Angeles (UCLA) | Los Angeles, CA

#### Acting Instructor – Introduction to Acting

Taught a dynamic introductory acting course to a cohort of 20 undergraduate students, emphasizing foundational techniques in voice, movement, scene study, and character development. Created a supportive, experiential learning environment rooted in ensemble-building, emotional truth, and creative risk-taking. Integrated classical and contemporary approaches to performance, guiding students through monologues, partner scenes, and improvisational exercises.

### 2022-Present

Online | [www.pmchaves.com](http://www.pmchaves.com)

#### Qigong Digital Course Creator & Instructor

Developed and produced a comprehensive library of digital Qigong courses, totaling 34 modules across multiple offerings. Courses combine voice-over guided instruction, healing music, and written materials to support an immersive, self-paced learning experience. Created three standalone courses focused on meditation, breath-work, and foundational Qigong principles, designed to meet students at various levels of their personal practice. The curriculum is rooted in Medical Qigong and emphasizes energetic alignment, inner stillness, and practical tools for daily well-being.

## References

### Marsha Kaye

Bentonville Acupuncture & Wellness

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Email: [marshakaye10@gmail.com](mailto:marshakaye10@gmail.com)

### Jeff Gordon

Writers Bootcamp, Founder

Phone: 310-998-1199

Email: [jg@writersbootcamp.com](mailto:jg@writersbootcamp.com)