Tainá Brugner-Luiz, before Ferreira Luiz, was born in Rio de Janeiro. She began her training at the Escola Estadual de Danças Maria Olenewa, the Teatro Municipal Ballet School, in her hometown. In 2007 she received third prize at the Seminário Internacional de Dança competition in Brasilia as well as a scholarship to the Wiener Staatsoper Ballettschule, where she graduated. She was a finalist at the Premio Roma 2009 and received an engagement with the Wiener Staatsballett in the same year.

Her repertoire at the Wiener Staatsoper includes, among others, Gyula Harangozó's "The Nutcracker", Gyula Harangozó Sr. "Coppélia", Rudolf Nureyev's "Swan Lake", Vladimir Malakhov's "The Bajadere", Elena Tschernischova's "Giselle", Kenneth MacMillan's "Mayerling", Josef Hassreiter's "The Puppet Fairy", John Cranko's "Romeo and Juliet", Roland Petit's "Die Fledermaus" and Martin Schläpfer's "Mahler 4", "Symphony 15" and "Die Jahreszeiten". Her most important roles at the Volksoper Wien include Jolanthe in Lotte de Beers & Andrey Kaydanovskiy's "Jolanthe and the Nutcracker", Girlfriend in Maurice Béjart's "Le Concours", Widow Bolte in "Max and Moritz" by Ferenc Barbay & Michael Kropf, The Nymph in Boris Nebyla's "Afternoon of a Faun", The Wife in Vesna Orlić's "Carmina Burana", Princess Budur in Orlić's "A Thousand and One Nights", Tigerlily in Orlić's "Peter Pan", The Fairy and Solo Elf in Thierry Malandain's "Cendrillon", Duck Mother and Cat at Andrey Kaydanovskiy's "The Ugly Duckling" and roles in Martin Schläpfer's "Ein Deutsches Requiem", Davide Bombana's "Roméo". et Juliette", Malandain's "Don Juan", András Lukács' "Bolero", Andrey Kaydanovskiy's "Waste of Time" and "The Ugly Duckling". She also danced in numerous Musicals, Operettas and Operas at the Volksoper Wien as well as in Opera productions at the Wiener Staatsoper including as a soloist in Verdi's "Aida".

Guest performances have taken her to Japan, Slovakia, Finland and the Origen Festival in Switzerland among others. She was also a guest at Anika Vavic's Kunst am Nussberg (Vienna) with the children's productions of "Peter & the Wolf" (2020, 2023), "Cinderella" (2021) and "Alice in Wonderland" (2024). At the Wiener Musikverein, she danced the title role in Lászlo Benedek's "The Firebird".

In 2017 she created her first choreography "Thoughts & Feelings" for "Young Choreographers" of the Ballet Club Wiener Staatsoper & Volksoper at the Akzent Theater in Vienna. For "Plattform Choreographie" by the Wienerstaatsballett in June 2022, she choreographed "Tight", at the Volksoper Wien.

She is also a Yoga Alliance internationally certified 200h Hatha Yoga and Prenatal Yoga Instructor.