

KOUSHIK Chattopadhyay, Ph.D.

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ACADEMIC QUALIFICATION

Ph.D. in **Human Genetics** from University of Cape Town (South Africa)

YOGA TRAINING

1988 – 2000 Trained in traditional form of **Hatha Yoga, Pranayama** (breathing techniques) and **Dhyana** (meditation) 6 days a week; **WB, India**.

CERTIFICATION

■ YogaFit Level 1 – Foundations of Safety for Personal Practice and Teaching (Los Angeles).

PROFESSIONAL EXPERIENCES

2016 - Present Currently working as a Yoga Instructor (part-time) conducting Hatha Yoga, Pranayama and Dhyana classes at **24 Hour Fitness, Los Angeles, CA**.

2013 Worked as a Yoga Instructor (part-time) conducting Hatha Yoga, Pranayama and Dhyana classes at **Wilfred R. Cameron Wellness Center (MedFit) (Washington, PA)**.

2012 Worked as a Yoga Instructor (part-time) conducting Hatha Yoga, Pranayama and Dhyana classes at **Muscle and Fitness** – Musgrave Centre (Durban, South Africa) (Jan-Feb).

2007 – 2010 Worked as a Yoga Instructor (part-time) conducting Hatha Yoga, Pranayama and Dhyana classes at **Planet Fitness** – Claremont (Cape Town, South Africa).

2008 – 2010 Worked as a Yoga Instructor (part-time) conducting Hatha Yoga, Pranayama and Dhyana classes at **Zone Fitness** – Rondebosch (Cape Town, South Africa).

2008 – 2010 Worked as a Yoga Instructor (part-time) conducting Hatha Yoga, Pranayama and Dhyana classes at **Kelvin Grove Gym** – Newlands (Cape Town, South Africa).

● Along with indoor studio classes, taught yoga in the **water** (in pool) as well as on outdoor (on a **sandy beach** and on **grass lawns**).

AWARDS AND HONORS

■ Participated in **competitive yoga** in various yoga tournaments including state (WB) level tournaments for several years in India (1988-1995).

■ Won several awards in different yoga tournaments in India including the title, “**YogaKumar**” (**Champion of Champions**) in Bardhaman District Annual Yoga Tournament; May, 1994.

Professional References:

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| <p>Jessica Pieper MS, ACSM-RCEP Group Exercise Supervisor/Clinical Coordinator Wilfred R. Cameron Wellness Center (MedFit) Washington, PA - 15301 Phone: 724-250-6209 Fax: 724-223-1297 jpieper@wrcameronwellness.org</p> | <p>Joan Adley RYT Yoga and Pilates Instructor Wilfred R. Cameron Wellness Center (MedFit) Washington, PA - 15301 Phone: 412-996-8619 Fax: 724-223-1297 jadley@whs.org</p> |
| <p>Jacqueline Ely, RD, LDN Nutrition Supervisor Wilfred R. Cameron Wellness Center (MedFit) Washington, PA - 15301 Phone: 724-250-5207 Fax: 724-223-1297 jely@whs.org</p> | |