

KOUSHIK Chattopadhyay, Ph.D.

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2000 Ivar Ave, Apt # 1

Los Angeles, CA 90068



WORK EXPERIENCE

One-on-one with Private clients	Los Angeles	2014-Present
24 Hour Fitness	Los Angeles	2016-2018
Cameron Wellness Center	Washington, PA	2013
Muscle and Fitness	Durban, South Africa	2010-2012
Planet Fitness	Cape Town, South Africa	2005-2010

CERTIFICATION

YogaFit Teacher Training Level 1	Los Angeles	2010
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TRAINING

Traditional <i>Hatha Yoga, Pranayama</i> (breathing) & <i>Dhyana</i> (meditation) for 6 days a week	India	1988-2004
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EDUCATION

Ph.D. - Human Genetics	University of Cape Town (South Africa)	2010
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AWARDS/HONORS

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

SPECIAL SKILLS & ATTRIBUTES

- Well versed in *Online Yoga, Aqua Yoga, Couple's Yoga, Outdoor Yoga*
- **High speed internet** at home and a spacious house to give online classes
- Website: www.koushikchatt.com/yoga.html

PROFESSIONAL REFERENCES

Available upon request