



Sucharita Biswas

Yoga Master and Therapist. Yoga-Scientist. 4x Author

Founder of Suchi's Yoga Studio, Sarasota, FL

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PURPOSE:

1. Bring together Integrative Health Therapies to help people prevent and manage diseases through safe, natural, and evidence-informed approaches. I strive to integrate **Yoga, Ayurveda, Acupressure, and Pranic Healing** to enhance the speed and effectiveness of recovery.
2. **Generalize “Preventative-Therapies” in Group exercise** classes to avoid chronic diseases. Advocate the concept of safe, gentle, audience appropriate, and highly effective **Mass-Therapy**.
3. **Educate the students and patients** with scientific evidence behind the therapeutic modalities to:
 - Encourage regular practice and achieve better outcomes.
 - Improve the effectiveness of the therapies.
 - Increase awareness and adoption of these therapeutic modalities

SUMMARY OF LAST 6 YEARS:

- Attained **Yoga Certification Board level -6; Yoga Therapist/Master Certification from Ministry of Ayush, Govt. of India**).
- **Conducted 100+ consultations** for a variety of diseases: Neurological, Psychological, Cardiovascular, Endocrinological, and Skeletomuscular conditions.
- Published Book- **Suchi's Daily Yoga Handbook: 108 Simple Techniques to Enhance the Entire Self** - a collection of 108 subtle motions, *pranayams*, mudras, etc. for elderly, patients in recovery, or people who want to sustain great health
- Published Book - **Improving Cognitive Health with Yoga & Mind-Body Practices: A Practical Science-Informed Guide**.
- Published Book: **Suchi's Daily Meditations: 50 Seeds for Cultivating Stillness (Dhyan)**: - a collection of 50 different meditations, represented visually and connected with Science and Yogic literature.
- Published Book: **Self-Acupressure for Healthy Aging: A Simple Guide for Pain Relief, Better Sleep, Hormonal Balance, Digestion, and Daily Healing**.
- Training multiple students for Yoga Protocol Instructor – YCB -level 1: **200Hrs**.

- Trained in Yogic Theory, **Integrated Approach to Yoga Therapy** for a total of **1100+ hours**.
- In the process of publishing a book: ***Yoga for All: The Art and Science of Yog*** which includes **90+ underlying scientific mechanisms** that explain the physiology behind how Yoga is healing.
- **6 years of intense studying Yoga and science behind the same.**
- **Trained in CBT (Cognitive Behavioral Therapy)** techniques through a Harvardx course.
- **6+ years** of experience teaching Yoga to **1000+ students**.
- **Taught a total of 6500+ hours of Yoga: Practical and Theory.**
- **Expertise in 500+ asanas.**
- **Excellent communicator, orator and teacher** who relates Yoga, Pranayama, Neuroscience, Anatomy and physiology to explain impact of Yoga Asanas, Pranayama and meditation.
- Sound knowledge of **Human Anatomy and Physiology**.
- Expertise in **Patanjali Yog Sutras**.
- Expertise in teaching in accordance with health-appropriate techniques.
- Expertise of **20+ pranayama (breathwork)**.
- Have **Syllabus** prepared and taught for **5 levels: Theory and Practical**.
- Profound knowledge of mechanisms that avoid and cure **Thyroid problems, High Blood Pressure, Diabetics, PCOD/S and Cancer**.
- Expertise in **Pre-natal Yoga**.
- Experience with both teaching **online and in-person**.
- Experience teaching students of all ages (**6-year-olds to 89+-year-olds**).
- **Creator of ©Pran-Chakra-Pujanam**: A mechanism that combines Pranayama with Chakra Meditation, Affirmations and Mental Prayers.
- In depth knowledge of **Chakras and Chakra meditation**.
- Writing a book: **Pran Chakra Pujanam**, that describes the technique of meditation that I created.
- Deep understanding of **Ashtanga Yoga, Raj Yoga, Hatha Yoga, Karma Yoga, Buddhi Yoga, Sankhya Yoga, Dhyana Yoga, Abhyas Yoga, and Bhakti Yoga**.
- Expertise in various breathing techniques: **Physiological Sigh, Buteyko and Wim Hof**.
- Knowledge of **Ayurveda, Acupressure, Color Therapy, and Yagna Therapy**.
- **Equipped with Yog Teacher Liability Insurance**.
- **An avid reader of Yog Upanishads, Yog Vashishta and Bhagwat Geeta**.
- **Sound knowledge of Mudras and its therapeutic usages**.

EDUCATION:

Acupressure Healing (Udemy Course)	2.5 Hrs.	2026
Yoga Certification Board (Ministry of Ayush, Govt. of India) Level 6 (Yoga Therapist)		2025
Yoga Certification Board level 5, 6 Training (Thane School of Yoga)	200 Hrs.	2024
Yog Certification Board level-1,2,3,4 Training (Patanjali Yogpeeth)	600 Hrs.	2023
Assistant Yog Teacher Training (Patanjali Yogpeeth)	300 Hrs.	2020
Master of Science in Computer Engineering (USC, Los Angeles)	GPA- 3.7	2006
Bachelor of Engineering in Electronics and Communications (Bhavnagar, India)	Gold Medalist	2003

THERAPEUTIC WORKSHOPS & EDUCATIONAL PROGRAMS:

200 Hrs Yoga Protocol Instructor Training : Yoga certification board level -1 certification exam training. Includes Yogic texts, Asans, Vyayams, Pranayams, anatomy, physiology, and biomechanics of yoga.

Mastering Sleep Naturally (Yoga + TCM + Sleep Science): A science-backed workshop integrating pranayama, yoga nidra, acupressure, and modern sleep research to improve sleep quality, autonomic balance, and hormonal regulation.

Preventing Cognitive Decline through Yogic Practices: A structured program combining breathwork, movement, meditation, and cognitive techniques to enhance memory, focus, and neurological resilience.

Self-Acupressure for Healing and Healthy Aging: A practical workshop teaching reflexology, marma points, and acupressure techniques to support pain relief, circulation, and systemic healing.

Therapeutic Breathwork for Nervous System Regulation: Focused sessions using pranayama techniques (including Bhramari, Nadi Shodhan, Ujjayi) to regulate the autonomic nervous system and improve stress resilience.

Diabetes Optimization & Reversal: A science-informed integrative program (Lifestyle, Yoga, Ayurveda, and TCM) designed to improve blood sugar regulation, metabolism, sleep, stress resilience, and overall metabolic health naturally.

PUBLISHINGS (Books at amazon.com)

<i>Self-Acupressure for Healthy Aging: A Simple Guide for Pain Relief, Better Sleep, Hormonal Balance, Digestion, and Daily Healing</i>	June, 2026
<i>Suchi's Daily Meditations: 50 Seeds for Cultivating Stillness (Dhyan)</i>	May, 2026
<i>Improving Cognitive Health with Yoga & Mind-Body Practices: A Practical Science-Informed Guide</i>	Jan, 2026
<i>Suchi's Daily Yoga Handbook: 108 Techniques to Enhance the Entire Self</i>	Aug, 2025
Best Practices for New Hires	Oct, 2017
Rhyme for Fun: Giggle -1	July, 2020
Pimmy and the Golden Necklace	Dec, 2020
Bunny Talks about Benny and Money	Feb, 2021
Butterflies for Tiny Eyes	April, 2021

SKILLS

Adobe Photoshop, Word, PowerPoint, Teaching, Windows, Linux, Excel

TRAININGS:

- American Heart Association BLS CPR AEC Certification (Oct 2024)
- First Aid Certification (Oct 2024)
- Bloodborne Pathogens Training (Oct 2024)
- Building Personal Resilience: Managing Anxiety and Mental Health – HarvardX (Dec 2024)
- Crucial conversations
- Listening- it's very professional.
- 7 Habits of Highly Effective People
- Participated in **Emerging Leaders**; a succession planning program at Altera.
- Building effective teams.
- Doing business with China
- Fostering innovation

VOLUNTEER:

- Conducted more than 6 year of free Yoga classes, a total of 3000+ hours.

WORK EXPERIENCE

Yoga Therapist for Health and Wellness at Suncoast Technical College- ACE

Jan 2025 – June 2026

- **Offered the below classes:**
 - **Facial & Upper Body Yoga for Healthy Aging & Rejuvenation:** Specializes in exercises designed to improve skin health and rejuvenate the upper body, with an emphasis on anti-aging practices.
 - **Meditation & Breathwork for Healing & Well-Being:** A combination of guided meditation and breathwork exercises that promote emotional and physical healing.
 - **Chair Yoga:** Adapted yoga for individuals with limited mobility, focusing on gentle movements to increase flexibility, strength, and relaxation.
 - **Gentle Yoga:** A slow-paced, restorative practice designed for beginners or those seeking a gentle approach to yoga for stress relief and overall well-being.
 - **Self-Acupressure:** A course designed to combat common conditions like: Sleep, Stress, Metabolic issues, and enhance bone health, immune health and cardiac functions.
 - **Preventive Cognitive Decline with Yoga and Mind body practices:** A course that teaches Yogic, psychological, acupressure, reflexology, and cognitive behavioral techniques to enhance cognitive functions.

Yoga Instructor and Scientist at YMCA- South Florida

Oct 2024 – till date

Key Responsibilities:

- **Design and deliver specialized Yoga classes** focusing on the prevention and management of:
 - Diabetes, Thyroid Disorders, Back Pain, Insomnia, Anxiety, Depression, and Neurological Disorders.
- **Enhance overall health** by focusing on:
 - Cardiovascular health, muscle strength, flexibility, mindfulness, and joint health.
- **Incorporate scientific explanations** into every session to deepen students' understanding of how yoga impacts the body. Educate students on how specific practices affect physiology, including:
 - Strengthening blood vessels, enhancing lymphatic drainage, increasing mitochondrial function, shrinking the amygdala, and improving the vestibular system.
- **Teach a variety of yoga and meditation classes**, including:
 - **Chair Yoga:** Seated poses for individuals with limited mobility.
 - **Gentle Yoga:** Slow-paced, restorative practices for beginners and those seeking stress relief.
 - **Generic Yoga:** A comprehensive approach to yoga, combining a variety of poses to address diverse health concerns.

- **Meditation and Breathwork Class:** A class designed to train in 8 different pranayams and meditation.
- **Instruct psychological and physiological techniques** to enhance students' mental and physical well-being, including:
 - **Affirmations for Positive Mindset and Empowerment:** Using affirmations to foster a positive mindset and promote a shift in the 60 neurochemicals, guiding them toward a healthful direction.
 - **Breathing techniques** such as Buteyko, Physiological Sigh, Nadi Shodhan, Bhramri, and others to promote relaxation and stress management.
 - **Nervous system entrainment** to swiftly activate the parasympathetic nervous system through breathwork.
 - **Cognitive Behavioral Techniques** such as Thought Switching and Thought Stopping for mental clarity and emotional regulation.
 - **Yoga Nidra/NSDR (Non-Sleep Deep Rest):** Guided deep relaxation techniques to promote profound rest and rejuvenation.
 - **Ayurvedic Concepts**, such as the benefits of sesame oil massage for conditions like arthritis. Benefits of turmeric, ginger, fenugreek, etc.

Founder of Suchi's Yoga Studio (Scientist, Independent Scholar, Author)

May 2020 – till date

Key Responsibilities:

- **Conduct and manage yoga classes:** Teach an average of 4 classes per day, 7 days a week, totaling approximately 4 hours daily.
- **Consultation and Therapy:** Provide consultation on specific conditions using Integrative Approach to Yoga Therapy. Provided through, detailed documented recommendations for each consultation. My therapy includes Yoga, Ayurveda, Self-Acupressure and Pranic Healing techniques.
- **Manage Subscribers:** Provide weekly information of Yoga, Science and health to followers.
- **Develop and maintain websites & blog:** Create and manage content, providing valuable insights and resources for students and clients.
- **Customer care & support:** Offer personalized assistance and support to clients, addressing their concerns and needs.
- **Marketing & Advertising:** Handle the promotion and advertisement of classes, events, and services to expand reach and attract new students.
- **Customized class design:** Tailor yoga sessions to meet the specific needs of students, ensuring each practice is aligned with their goals and health conditions.
- **Create educational syllabus:** Develop a theory-based curriculum for children's classes, integrating yoga concepts and relevant scientific principles.
- **Yoga Therapy Sessions:** Conduct individualized therapy sessions, creating personalized recovery plans for clients based on their unique health challenges.

- **Billing & Payment Management:** Oversee all financial aspects, including managing billing, payments, and financial documentation.
 - **Ongoing Education:** Dedicate an average of 3 hours daily to study and stay updated with the latest research and developments in yoga and wellness practices.
 - **Research & Documentation:** Compile evidence-based information on disease prevention and management, focusing on conditions such as:
 - Eyesight Problems, Back Issues, Thyroid Disorders, High Blood Pressure, Menopause, Infertility, Insomnia, Pregnancy, Gynecological Disorders, Cancer Prevention, Diabetes, and more.
 - **Community Engagement:** Send regular newsletters to a community of 400+ subscribers and 1000+ followers, offering health tips, disease prevention advice, and wellness insights.
 - **Financial Management:** Oversee all aspects of business finances, including scheduling, taxes, income, and expenditures.
 - **Volunteering:** Offer free assistance and support to family, friends, and acquaintances, helping them manage specific health conditions with yoga and wellness techniques.
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Client Success Stories & Health Improvements Through Therapeutic Yoga

- **Brain Hemorrhage and Paralysis:** A client had 75% paralysis on right side of the body after brain hemorrhage. In 3 months of practice of yogic breathing techniques, she recovered 95% against the original declaration of the doctors who had indicated she might not walk or take baby steps for next 1.5 to 2 years.
- **25 Years of Colon Polyps cured:** A 75-year-old student, who is religiously practicing with me for one year reported that after 25 years of colonoscopy and biopsy, her colon is finally free of any polyps.
- **Skin Cancer in Situ Cured:** A 75-year-old student, who is practicing with me for more than a year cured her skin cancer with Yogic techniques, alongside other integrative medicines.
- **Hashimoto's Cured:** One student reported absence of antibodies after several months of practicing regular Therapeutic Yoga. Another 75-year-old student reported her cysts in thyroid glands are shrinking as reported by her doctor.
- **Extreme Sleep Apnea Recovering:** A patient who had 60 interruptions per hour, went up from 4 mins of deep sleep per night to 1.5 hours within 2 weeks of consultation. He is sleeping much better and is making steady measurable progress towards complete recovery.
- **Rheumatoid Arthritis becomes manageable:** A student reported that with regular practice of Therapeutic yoga and basic Ayurveda, her severe pain has significantly reduced, and her joints are much pain free.
- **Bone Spur cured:** A student (also a Yoga instructor) reported that regular Therapeutic Yoga and basic Ayurveda that I recommended completely cured her bone spur.
- **Decades of Type-2 Diabetic patient cured:** A 70+ year old student reported that after about 8 months of regular Therapeutic Yoga sessions, her doctor finally removed the glucose monitor.
- **Atrial Fibrillations:** One client (35-year-old) had complete recovery from Atrial Fibrillations using yogic techniques. Another client with severe AFib reported that whenever she used the techniques provided, she didn't have them as detected by her continuous monitor.

- **Nodules in thyroid gland eliminated:** A patient (38-year-old) came in with 4 nodules in her thyroid gland, the largest being 3.1 x 3.8 x 2.4 cm cyst. With **daily** recommended yogic practices, she would completely dissolve the cysts in 9 months. The ultrasound on the 9th month confirmed clearing of the nodules completely.
- **Uterine cyst / thick endometrium lining:** A patient came in with uterine cyst. With regular – 2 to 3 times a day practice of yoga with me, she reported that her CA-125 test which had been higher than 52 before, came down to 37. Her gynecologist wanted to recommend removal of the thick uterine wall and cyst. She had refused to do the surgery, but after 2 months of yogic practices, her tests showed normal uterine lining and dissolution of cyst.
- **Arthritis:** A 57-year-old after being in hospice for a decade due to a medical mishap, had suffered from many chronic conditions. She came in with whole body arthritis. Within 6 months of 3 times a week practice of yoga and pranayama, she became pain free in all her joints while increasing mobility of all her joints.
- **Thyroid Health:** A student who had her thyroid removed at age 12 and had been on medication for 30 years saw a 35% reduction in medication after one year of pranayama practice. 3 other students were able to completely cure hypothyroidism and stop medications.
- **Tics, Involuntary hand shaking, Anxiety and Teeth grinding:** A 11-year-old, cures all these symptoms after one consultation and daily practice of Pranayams. Since last 5 months, he didn't have a single incident of the above conditions that were his daily problems.
- **Parkinsons with xerostomia:** By practice of certain mudras, the 75-year-old was able to get saliva in mouth after years of dry mouth.
- **Hair regrowth:** 75-year-old reports having newer stronger hair – that she says are coming out black after the practice of Facial and upper body yoga for 5 months. She emphasizes that she had hair thinning since her 40s and now doesn't need volumizers.
- **High Blood Pressure:** Several students reported significant improvements in blood pressure, including one 68-year-old who reduced her blood pressure from 190 to 120 within two months of yoga practice. Other students achieved similar results in just 2-3 weeks.
- **Chronic Insomnia:** A student suffering from severe insomnia (2 hours of sleep per night for 8 months) began sleeping 5+ hours after just one month of practice. Multiple students have reported similar improvements in sleep.
- **Frozen Shoulder & Chronic Pain:** A student with a frozen shoulder was completely healed, and another with chronic foot corn was cured after a year of practice.
- **Allergies & Asthma:** Lifelong allergies were resolved within 6 months for one student, while a 9-year-old asthmatic completely overcame asthma through yoga practice. Another 57 year old completely cured asthma within one month of regular practice.
- **ADHD Improvements:** Four children with ADHD experienced significant improvements in focus and behavior, including being able to meditate for 20 minutes a day and practice pranayama, leading to improved academic performance.
- **Stroke Recovery:** A 25-year-old stroke survivor, who nearly lost vision in his left eye, reported pain relief within a week and blood pressure stabilization after two weeks of yoga. Patient gained mental strength and agility with regular practice avoiding PTSD.

- **Diastasis Recti & Sciatica:** One student's diastasis recti healed, while others reported sciatica relief after 7 months (age 20) and 9 months (age 71) of practice.
- **Sleep Apnea:** Snoring was completely resolved in two students, indicative of improvement in obstructive sleep apnea (OSA).
- **Spinal Fracture Recovery:** A student with an L1 fracture fully recovered within one year of regular practice of prescribed set of asanas, pranayama and meditation techniques.
- **Heart Palpitations:** A student with 19% palpitations (PVCs) showed a reduction to just 2.4% after two weeks of yoga, as confirmed by his cardiologist.
- **Colon Health:** A student, daughter of a colon cancer survivor; her siblings were detected with 12 and 7 polyps; average polyp size being 10mm. After practicing for 4 months, her colonoscopy came out to be just one polyp of 5mm size.
- **Anxiety Reduction:** A couple experiencing anxiety benefited from yoga practice, showing significant improvement in anxiety test scores after just a few weeks. Their therapist encouraged them to continue their practice.
- **Back Pain & Nerve Issues:** A student with severe lower back pain and a pinched nerve (unable to walk or stand without pain) regained the ability to walk and sit pain-free after 4 months of yoga practice.
- **Prediabetes:** Two prediabetic students saw a reduction in their Hemoglobin A1C from 5.7 to within the normal range after one year of yoga practice.

Altera Corporation -Member of Technical Staff

Sept 2010 – August 2014

- Leading FPGA-Core-Test team of 10 people, guiding them through DFT definition, test feature verification, test planning, test development, simulation and test program release.
 - Designed scan architecture of next-generation FPGA, implemented, and verified design through simulation.
 - Developed distributed-RAM test for next-generation FPGA.
 - Led the test program release for StratixV FPGAs.
 - Managed the wafer-sort test flow development.
 - Designed and developed tests for Fractureable-fractional-PLL.
 - Mentored three employees.
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Oracle Corporation/Sun Microsystems Inc. Senior Hardware Engineer

Jan 2006 – Sept 2010

- **Responsible for ensuring that 70% of the Sparc Processor was working** - all the 1000 instances of memory, including L1, L2, Caches.
- **Led the design of Memory BIST controllers for 3 generations of SPARC processors.**
- Responsible for designing Programmable Memory BIST engines for all SPARC memories.
- Collaborated with Vendor (TI), Systems and Tester team to aggregate test requirements and set methodology for memory test.
- Implemented and verified Scan, ATPG and logic BIST.
- Led Macrotest design and verification for SPARC Processor. Ensured that more than 1000 instances of the 85 unique types of memories on the chip were macrotested and RAM-dumped using Fastscan.
- Implemented and managed Macrotest regression environment for automatic runs using Perl.

- **Mentored** two employees.
 - **Achievements:** Nominated for **Sun Engineering Enrichment & Development (SEED)** program.
(Offered to **top 10% performers**.)
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USC Neighborhood Academic Initiative (NAI) Tutor

Aug 2004-Dec 2005

- Tutor wide range of secondary school and college students.
 - Present math engineering science on individual levels.
 - Hold group and one-on-one tutoring sessions.
 - Earned numerous recommendations from students and parents for effective school help.
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USC student Athlete Tutor:

Aug 2005-Dec 2005

- Taught computer design to 2 Basketball and 2 Football players.
 - Teach MS word, excel and PowerPoint to the students.
 - Teach different students from diverse background and diverse level of knowledge.
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USC Computer Architecture Course Grader

2 Semesters (Summer, Fall 2005)

- Duties involved assisting the students by explaining the concepts of digital design and computer architecture.
 - Grading and evaluating student's performance.
 - Helping Professor with assignments.
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