

**Charlotte Hammond, MS, RD, LDN, RYT**

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

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*I endeavor to create a safe, inspiring space where one can learn, play, and grow.  
Through the study and teaching of dietetics, biology, design, and Hatha Yoga,  
I aspire to foster the curious joy in others that enriches us all.*

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**Education:**

**Teaching Certificate in Meditation (200 hr)**

In Progress

*The Temple of Kriya Yoga, Chicago, IL*

- \* Meditation Instruction including Pranayama, Mudra, Mantra, Philosophy and Lifestyle

**Master of Science in Human Nutrition**

2012

*University of Illinois at Chicago, Chicago, IL*

- \* Anatomy and Physiology, Pathophysiology, Nutrition Science, Food Science
- \* Nutritional Assessment, Education and Counseling, Pathology, Public Health
- \* Quantity Food Production, Food Service Management and Practice
- \* Professional Internships in Clinical Nutrition, Community Nutrition, Food Service, Public Relations

**Teaching Certificate in Hatha Yoga (200 hr)**

2010

*The Temple of Kriya Yoga, Chicago, IL*

- \* Hatha Yoga Instruction including Asana, Pranayama, Meditation, Philosophy, and Lifestyle

**Master of Science in Biomedical Visualization**

2006

*University of Illinois at Chicago, Chicago, IL*

- \* Medical/Scientific coursework including Gross Anatomy, Histology, Neuroanatomy
- \* Artistic coursework ranging from traditional (pencil, ink, acrylic, oil) to digital (Raster/Vector illustration, 2d and 3d Animation, Video, Virtual Reality)
- \* Research in Biomedical Visualization and Science Education

**Bachelors of Arts in Biology, Minor in Visual Arts**

2004

*Boston University, Boston, MA*

- \* Cell Biology, Ecology, Evolution, Symbiosis, Neuroethology, Neuroscience, Genetics
- \* Research Assistant in Psychology: Visual Studies

**Teaching Experience:**

**Registered Dietitian (Private Practice)**

2013 - present

*Eating with Ease, LLC, Chicago, IL ([www.eatingwithease.com](http://www.eatingwithease.com))*

Delivered integrative nutrition education and counseling services for diverse clientele.  
Reference: Self-employed.

**Adjunct Nutrition Instructor**

2013 - present

*Le Cordon Bleu, Chicago, IL ([www.chefs.edu/chicago](http://www.chefs.edu/chicago))*

Taught collegiate nutrition for culinary arts students.  
Reference: Chef Leigh Uhlir, M.Ed. (312.944.0882)

**Dietetic Intern, Community Nutrition**

2012

*Nurture, Highland Park, IL ([www.nurtureyourfamily.org](http://www.nurtureyourfamily.org))*

Developed curriculum for 1st-5th grade focused on nutrition, exercise, hydration, and sleep.  
Reference: Lisa Brewer, MBA (847) 433-7075

**Teaching Assistant**

2005 - 2011

*University of Illinois at Chicago, Biological Sciences Department*

Taught labs and discussion classes of 30+ students for collegiate introductory biology.  
Engaged students in discussion with hands-on learning related to ecology and evolution.  
Reference: Alan Molumby, Ph.D. (312) 996-2994

**Hatha Yoga Instructor** 2013 - present  
*Village Yoga, Chicago, IL ([www.villageyogachicago.com](http://www.villageyogachicago.com))*  
Taught open-level Hatha Yoga Classes including asana, vinyasa, pranayama, and meditation.  
Reference: Alyson D'Souza (312) 730-2277

**Hatha Yoga Instructor** 2011 - present  
*Urban Lotus Yoga, Chicago, IL ([www.urbanlotuschicago.com](http://www.urbanlotuschicago.com))*  
Taught open-level Hatha Yoga Classes including asana, vinyasa, pranayama, and meditation.  
Reference: Mark Lerro (773) 278-4122

**Hatha Yoga Instructor** 2011 - 2013  
*Bend Yoga and Movement Studio, Chicago, IL ([www.urbanlotuschicago.com](http://www.urbanlotuschicago.com))*  
Taught open-level Hatha Yoga Classes including asana, vinyasa, pranayama, and meditation.  
Reference: Martha Clemons (773) 680-7778 or Rachel Ladd (847) 922-2342

**Instructor/Healthy Living through Hatha Yoga (HLTHY)** 2009 - 2010  
*After School Matters, Chicago, IL ([www.afterschoolmatters.org](http://www.afterschoolmatters.org))*  
Designed and instructed curriculum blending personal and environmental health.  
Instructed Hatha Yoga classes for 75 minutes twice per week to 15+ high school students.  
Topics included conservation, biodiversity, climate, nutrition, hydration, and exercise.  
Reference: Margaret Catania (312) 217-7347

#### **Volunteer Experience:**

**Group Meditation Instructor** 2013 - Present  
*Temple of Kriya Yoga, Chicago, IL*  
Led free guided meditation sessions for the public.  
Reference: Contact the Temple at (773) 342-4600

**Group Hatha Yoga Instructor** 2011 - Present  
*Block-By-Block: The Greater Humboldt Park Diabetes Empowerment Center, Chicago, IL*  
Taught free open-level Hatha Yoga classes to improve community health.  
Reference: Leony Calderon (773) 342-0855

**Nutrition Counselor/Hatha Yoga Instructor** 2011 - 2013  
*Pilsen Community Pediatrics, Chicago, IL*  
Delivered community nutrition counseling and taught Hatha Yoga to attending families.  
Contact: David Anyadike, MD (773) 376-1906

**Nutrition Assistant/Yoga Instructor** 2011 - 2012  
*West Town Project Headstart, Chicago, IL*  
Assisted RD with nutrition activities for and taught hatha yoga to preschool-age children.  
Reference: Aviva Beal, CNC, CSC, SFR (630) 740-5165

#### **Certifications and Licensure:**

**Registered Dietitian (United States) , Licensed Dietitian Nutritionist (Illinois)**  
**Registered Yoga Teacher (United States, 200-hr)**

#### **Professional Memberships:**

**Academy of Nutrition and Dietetics** 2010 - Present

#### **References:**

Kirsten Straughan, MS, RD, LDN, CSSD	Director of Nutrition Science	(312) 996-7890
Richard Pebbles, LMT	Massage Therapist	(773) 885-7730
Mark Lerro, RYT	Owner/Instructor at Nature Yoga	(773) 912-7458