



## **Mirjana Ilic**

**[www.medicalpilates.it](http://www.medicalpilates.it)**

**Born in August 16th 1971  
Smederevo ( Ex - Yugoslavia,  
today's Serbia )**

**Passionate activist for good health  
and happiness for all God's  
creatures.**

### **Education:**

- ✱ *Ministry of Health ( Italy ) recognition of Diploma Senior Physical Therapist ( in year 2004 )*
- ✱ *Universita' Statale di Milano ( Italy ) - Oriental Languages and Literature ( English, German and Russian ) 1996 - 2000 ( Languages and Literature - Russian, German and English )*
- ✱ *Licensed Physical Therapist - College of Medicine in Belgrade ( Serbia ) 1990 -1993 Senior Physical Therapist )*
- ✱ *High School - Gymnasium 1986 -1990 ( Technician in Biochemistry and Molecular Biology )*
- ✱ *High School Medicine 1993-1994 ( Technician in Physiotherapy )*

## **Certificates:**

- ✳ *Pilates Method Alliance Conference - 19 PMA CEC - October 2017 - Certified Pilates Teacher renewal Certificate*
- ✳ *Reiki Master and Practitioner 2010 / 2016*
- ✳ *E -Cornell University - Plant Based Nutrition Course - on line - February - April 2016*
- ✳ *Certified Neuro Muscular Lymphatic Therapist - Italian Ministry of Health approved - Milano Italy - May 2016*
- ✳ *PMA PCT - Certified Pilates Teacher, June 2016 Pilates Method Alliance Certified Teacher ( International Pilates Certification ) since 2016*
- ✳ *OOV Certificate of Participation with a Founder Daniel Vladeta - 2015 Rome - Italy*
- ✳ *Core Align Course with Founder Jonathan Hoffman 2010 - 2011 Milano Certificate of Participation for level One, Two and Three*
- ✳ *Polestar Pilates Education USA - Certification Program for Rehabilitation 2002 - 2006 - Roma ( Italy ) and Koeln ( Germany ) Polestar Pilates International School ( USA ) in Koeln - Germany - Certified Polestar Pilates Rehabilitation Practitioner 2003 -2006*
- ✳ *Polestar Pilates Education USA - Certification program for Fitness Matwork 2001 - 2003 - Milano, Roma, Brescia, Padova - Polestar Pilates International School ( USA ) in Rome - Italy - Certified Polestar Pilates Matwork Practitioner ( 2001 - 2003 )*
- ✳ *A numerous Workshops and Conventions for 15 years with Polestar Pilates Usa, Italian and German Schools ( 2001 - 2016 ) learning movement and energy techniques, Pilates small and big equipment and tools and their use and benefits with President Brent Anderson, Alexander Bohlander, Serafino Ambrosio, Leslie Stolz, Sherry Betz, Shelly Power, Alan Herdman, Lolita San Miguel and many other international educators.*
- ✳ *Numerous Courses with Balanced Body University in Rome ( Rehabilitation Programs with Founder and Director Mrs. Elizabeth Larkam.*
- ✳ *Franklin Method - I'm following with regularity all FM workshops with attention, amazing curiosity and analyses their innovative educational programs ( 2002 - 2018 )*
- ✳ *Certified Practitioner Level 1 in Rehabilitation in Water - year 2000*

## **Working experiences:**

- ✱ *Senior Physical Therapist in Private Clinics and Government Hospitals in Belgrade and Milano from 1992 until 2015 ( 23 years )*
- ✱ *Mentor / Educator for 13 years ( March 2003 - October 2016 ) in Polestar Pilates International School ( USA ) in Italy*
- ✱ *Founder and developer of Medicalpilates Method for Fitness, Prevention and Rehabilitation from 2001 since today. Owner of the Medicalpilates Studio since 2001. I'm constantly updating the Medicalpilates method creating contemporary Kinesitherapy and sharing the experience and knowledge with my own team, my colleagues in health and fitness industry, my patients and costumers.*
- ✱ *Medicalpilates Brand and Logo Registration in 2010 in Camera di Commercio Milano - Italy:*



*Your Movement is My Passion!*

*Web site creation in 2004*

***[www.medicalpilates.it](http://www.medicalpilates.it)***

## **About me:**

*It's not easy for me to talk about myself, but I'll just quickly tell you:*

*I'm trying to always improve my knowledge, my peace of mind and soul, my physical and spiritual vitality.*

*I like new goals and challenges for my knowledge, my physical capability and travels. I speak Italian, Yugoslavian, English, Russian, German and studying Arabic and French language.*

*I love people, animals and plants regardless of their colors, proveniences and shapes.*

*I love to share what I know and to help the people in need unconditionally.*

*I wish and I'll commit aways in my small environment to contribute in moral, ethic and health awareness and improvement.*

*RGS, Mirjana Ilic*

