

Giorgia Milano: Feldenkrais and Pilates teacher

Personal information:

- *Name and Surname:* Giorgia Milano
- *Nationality:* Italian
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Professional Experiences:

- 2021 - current: I'm the **founder and CEO of Turya s.r.l.**, a company based in Brussels whose aim is to organise and sustain projects that improve people's life through movement, practise, and dance.
- 2020 - current: I work as a **Feldenkrais practitioner** both online and in presence, guiding people how to improve their self-awareness and the quality of their life through movement.
- 2020 - current: Creator of the online project "**Pilates con Giorgia**", with a **40k subscribers Youtube Channel, and a platform with on-demand videos** available on the website **pilatescongiorgia.com**. My mission is to improve people's life through movement, self awareness and healthy lifestyle.
- 2018 - current: I've been **teaching and performing Argentinian Folklore** in different international events, such as Tango Festivals in Turkey and Finland, milongas in Rome and Brussels, and in my home region: Puglia.
- 2019 - 2020: i've been working as a **Pilates Teacher (Matwork and Studio)** in different studios and clubs in **Brussels**.
- 2011 – 2018: i've been working as a **Pilates Teacher (Matwork and Studio)** in different studios and clubs in **Bari and Rome**.

My experience as teacher is constantly evolving thanks to the wide range of different people i've been training. Athletes, long term survivors of breast cancer, people with back pain or severe joints injuries, dancers, curious of every age, from 15 to 85 years old.

I love helping people to learn how to move better, with pleasure and satisfaction. For this, details and accuracy are really important in my lessons, as much as creating a pleasant environment for people to improve and grow together.

I believe that learning is a social process.

Professional Training:

- May 2017 – March 2024: Certification as **Feldenkrais Practitioner** in the **International Feldenkrais Training named Barcelona Internacional 2**.

- May 2015: Certification in **REHABILITATIVE BREAST CANCER EXERCISE SPECIALIST** released by PINK RIBBON PROGRAM.
- July 2014: refresher training "FASCIA IN MOVEMENT. How to integrate the concept of Myofascial Sequence in Pilates teaching".
- July 2014: Certification as **REFORMER INSTRUCTOR** with **BALANCED BODY** (Rome)
- June 2014: Balanced Body Training for **"TRAPEZE TABLE (CADILLAC – TOWER) Instructor"**.
- March 2014: Balanced Body Training for **"BARRELS and CHAIR Instructor"**.
- May 2013: Pilates for hernia, stenosis, spondylolisthesis and scoliosis.
- December 2012: **ELAV SPORT AND FITNESS POSTURAL SPECIALIST CERTIFICATION.**
- February 2012: **CERTIFIED PRACTITIONER OF PILATES MAT**, with **POLESTAR PILATES.**
- November 2011: **GRAVITY POST-REHAB INSTRUCTOR** (Turin).
- January 2012: **"Professional Development through NLP": non verbal communication**, NLP principles, how to achieve your goals.
- September 2010 – march 2012: "Self Entrepreneurship" professional training.

Academic Education:

- October 2009 – July 2012: **Master's Degree** in Philosophy (University of Bari, Italy) with a first-class honour degree (110/110 cum laude).
- October 2006 - July 2009: Bachelor's Degree in Philosophy (University of Bari, Italy).

Other Education and rewards:

- 2024: winner of various categories (vals, Milongueros) in the Metropolitan Tango Cup - Monopoli.
- 2017: winner of various categories (tango, valss, Milonga) in the Metropolitan Tango Cup based in Puglia and Lazio
- 1991 - current: I study dance in many forms: ballet, modern, cuban, Bellydance, Flamenco, Lindy-hop and Blues, Argentinian Tango and Folklore.

Languages:

ITALIAN - **native language**

ENGLISH - Comprehension: very good Speaking: very good Writing: very good.
I've obtained the **First Certificate of English** – ESOL examination.

SPANISH - Fluent.

(I'm attending many bilingual professional training in English and Spanish).

FRENCH - I'm studying it. I'm able to understand complete conversations.

Computer skills:

In possess of **ECDL Core Certificate**. I'm able to do basic photo and video editing.

Transversal Skills:

As a Feldenkrais and Pilates teacher, I developed the ability to clearly **communicate** with various types of people, creating an immediate sense of **empathy**.

I'm reliable and accurate. I love details.

Other abilities:

I'm a passionate writer and photographer.

Bari, May 2024

Giorgio Pilano