



ALEKSANDRA HRISTOVA

DATE OF BIRTH:
26.03.1982

COUNTRY OF BIRTH:
Rep of Macedonia
EUROPE

CITIZENSHIP:
Australian

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INTERESTS

I am a passionate person always ready to step up and learn something new.

I love Animals, Crystals, Mountains, Nature, Martial Arts, and mostly life!

I am interested in human development. My passion is to help myself and others reach their full potential and remember that they have the capacity to achieve anything with love and thrive as long as they listen to their heart.

I believe that every problem has a solution and that we all have a higher intelligence guiding us to our true direction in life. If only we become still and listen, maybe just maybe we will hear bliss pass us by.

"Your body is a set of road maps, my job is to steer you onto the highway so that you can fly and be free"
AH

● SUMMARY

Health care Professional Wholistic Practitioner of Osteopathic medicine, with international training and private clinical experience, combined with postgraduate specialization and interest in biodynamic cranial sacral osteopathic therapy for babies, children, pre, during, post pregnancy and rehabilitation therapy post-accident, physical, mental, emotional and cellular trauma.

Recognized for ability to work well with diverse clients, staff and health centers. Outstanding skills in assessing what is needed, recommending sensible programs and solutions, and effectively motivating patients and co-workers to implement them in a spirit of collaboration. Aiding the facilitation of divine health, well-being and principles for maintaining the highest level of quality of life possible on a physical, mental and spiritual level.

● SERVICES

OSTEOPATHY

Is a science, art and philosophy that helps your body get back into health so that you can heal yourself.

Wholistic manual techniques that help your body come back into balance. Structural manipulation of the musculoskeletal system and postural alignment.

BIODYNAMIC CRANIO-SACRAL OSTEOPATHY

Specialized form of osteopathic medicine, assessing the power in the fluids of the cells and your ability to have true midline and alignment on a cellular level.

These gentle yet powerful techniques are safe to us for babies, pregnancy and post trauma or rehabilitation.

CUPPING

Ancient Macedonian technique, also used in Chinese medicine, using heated vacuum suction glasses that lift the top layer of the muscles and the fascia to increase circulation as if you have had a deep massage.

This technique access deep muscles much quicker and also has its own way to help diagnosis more severe organ problems.

ACUPRESSURE & ACUPUNCTURE

Based on ancient Macedonian and Chinese medicine acupressure uses fingers pressure to open up energy channels and acupuncture uses very thin needles that are inserted into energy points to stimulate flow and prevent stagnation.

Dry needling is also a technique that works with inserting needles in the middle of tensed muscles or trigger points to increase blood flow and reduce inflammation.

STRETCHING

Part of a healthy body is the ability to be stretched and open for regular healthy blood flow and lymphatic flow circulation.

There are a variety of specialized stretching techniques as part of osteopathic practice that will help your body expand and feel better. These include myofascial, visceral counter strain techniques that hold the muscle in a certain position to reduce pain and inflammation.

● SKILLS AND ACCOMPLISHMENTS

- Actively involved in all phases of setting up a private health facility and personal assistance in health care centres.
- Motivated staff by providing environment conducive to open communication and opportunities for professional development.
- Working individually and alongside Australian and European health care professionals
- Collaborating with osteopathic training institutions worldwide
- Passionate for spreading the osteopathic philosophy art, science and treatment approach
- Working with leading holistic health care centres and well-being practitioners
- Individual one on one educative health Coaching
- Children's health education for parents and family members

● EDUCATION

Completed 2015-2009

Post Graduate Certificates in Biodynamic Cranio-sacral teachings & techniques Phase 9, 8, 7, 6, 5.

The Source of health, Principles goverment by nature not human hands, True and false midlines, Primary and thoracic respiration, Central Nervous system development and treatment, Brain sag post injury and post pregnancy, Sympathetic and parasympatheic nervous system access, cranial rythms normal and abnormal states and rhythms, embryology,

Fluid biodynamics, facial and bodily fulcrums and seams, cycles of breathing assestment and treatment, zones of the body, anatomical pressure zones and decompression of abnormal lesions that affect structure and function of the human body.

Completed 2013-2009
Switzerland Academy SOCK
(Swiss Osteopathic Centre for Kids)
Crans-Montana Switzerland

Post Graduate studies in Biodynamic cranial sacral: Paediatrics & Obstetrics Specialization 4 year, part time course modules.

Leading specialists worldwide in the osteopathic and conventional medical world faciliating education priniciples in infant, child and adolescent paediatrics and pre, post and durig pregnancy gynecological concepts. Clinic hands on treatments of children and their parents with collegue guidance and supervision.

Completed 2008

Online Professional Development Education and Training

Human Resource Development; Training for Diverse Learners and Contexts; Curriculum and Competencies; Advancing Professional Development; Leading and Managing Learning Organizations.

Completed 2007 - 2008
Busselton Perth Osteopathic
teaching centre and clinic

Postgraduate Certificate in Biodynamic Osteopathy for treatment of Children Phase 1 & 2

Completed 2006 - 2007
New Zealand & Australia

Post Graduate Certificates in Biodynamic Cranio-sacral teachngs & techniques Phases 4, 3, 2.

Completed 2005
Melbourne, Australia

Postgraduate Certificate in Bio basics Introductory to Biodynamic Osteopathy 1.

Completed 2005
Melbourne, Australia

Postgraduate Certificate in Cranial Osteopathy.

Completed 2000 - 2005
VU (Victoria University)
Melbourne, Australia

Master of Clinical Science: Osteopathic Medicine Dr of Osteopathic Science and medicine.

Completed 2000 - 2003
VU (Victoria University)
Melbourne, Australia

Bachelor of Clinical Science: Osteopathy

● ADDITIONAL EDUCATION

Completed 2016
London Wandsworth (OCC)
Osteopathic Centre for Children
Foundation for paediatric Osteopathy

*Course parts 1 & 2: Developing Osteopathy
in the Cranial field in Paediatrics*

Completed 2014-2015
Australia

Liquid Crystal Practitioner Course Australia.

Completed 2014-2015

*Acupressure, Trigger point, Cupping and Acupuncture
training under guided mentor*

Completed 2010-2012

*Don Tolman Yearly seminars & 7 Day Intensive Fasting
+ Health Program with Tyler Tolman Bali*

Completed 2005-2015
Macedonia, Thailand, Vietnam,
India, Australia & New Zealand.

*Nutritional Coaching workshops/ seminars
Ayurvedic concepts, Ancient Fasting Methods,
Cooking workshops for Vegan and Vegetarian food
preparation and education*

Completed 2003-2007

*Workshops: Osteopathic Management of Pelvic Girdle Pain
in Pregnancy, Alexander technique for posture management.*

Workshop: Functional/ Indirect Approach to Osteopathy

Workshop: Advanced Taping: Sports Medicine Australia

Workshop: Functional/ Indirect Approach to Osteopathy

Workshop: Advanced Taping: Sports Medicine Australia

Certificate of Balanced Ligamentous Tension Techniques

● ATTENDED VOLUNTEER / EDUCATOR

Ongoing Mentorship for the youth, sporting and creative personalities.

2016

The Animal Fund- non profit educational awareness
for sea life, marine preservation and education.

2012 - 2015

Professional Advisory Hub for Pregnancy & Babies Expo;
Melbourne, Australia

2010 - 2015

Educator & Preservation of Nature a government initiative
Planting trees all over the Rep. Macedonia.

2010 - 2012

Orthopedic surgery Unit- General Hospital,
Saint Erazmo Ohrid Rep. Macedonia

2009

Orthopedic Surgery Unit - Echuca Hospital Victoria, Australia

2007

Pregnancy & Babies Expo

2004

World Conference on low back pain & pelvic girdle pain.

2003 - 2004

Masters Research: Visiting 4 osteopathic institutions:
BSO-London, IAO- Belgium, CEO France,
ESud'O- Switzerland- observing treatments and student interaction.

2003

National Osteopathic Conference
Carlton Hotel

● PROFESSIONAL WORK EXPERIENCE

- 2018 ● *Producer, True Health documentary (pre-production)*
- 2017 ● *Heal thyself 30-day health program, Bali*
Part of the expert team for Tyler Tolman's healing retreats. 30-day programs with 21-day water fast. Working alongside the best coaches and body healers as an Osteopath to facilitate a powerful health educational and healing program.
- 2016-2017 ● *Free Lance International Wholistic Osteopath
Infinity Body Coaching Personalised Programs*
- 2015-2016 ● *English Osteopath- Antibes, Beausoleil - France & Monaco*
Full time Osteopathic Physician, Catering for the Yaghting industry, education and coaching of school children and parents for managemnet of health and posture.
- 2014-2015 ● *Shambhala Meditation & Wellness Centre*
Osteopathic Physician, Part Time Administration & Personal Assistant. Working alongside International Leaders in the wholistic health industry.
- 2006-2015 ● *House of Life: Natural Health Care Boutique Clinic*
Position and Duties: Clinic Managing Director & Osteopath
- To create oppotunities where staff can develop and excel in their potentials to achieve the organizational objectives.
- To Facilitate Health and Management of health care complaints using osteopathic philosophy and treatment approaches.
- Organic Product development and education.
Elixers, Creams, liquid crystal, essential oils, flower and herbal remedies.
- Working with a team of leading health experts in traditional chinese medicine, naturopathy, homeopathy, allergy and chemical toxicity testing, chiropractic medicine, massage therapists, live blood and try blood microscope analysis, alchemists, time line therapy and psychoanalysis, world doctor - heart specialists, dynamic therapy practitioners, sharmnic doctors and nutritionists.
- 2005-2007 ● *Southside Osteopathic Clinic*
Position and Duties: Osteopathic Physician working with two other osteopathic colleagues, massage therapist and yoga/ meditation teacher.
- 2005-2006 ● *Kew Osteopathic Clinic*
Position and Duties: Osteopathic Physician working with ten other osteopathic colleagues.
- 2005-2006 ● *Berelife Natural Health Care Center*
Position and Duties: Osteopathic Physician working and collaborating along side numerous health care professionals including Traditional Chinese Medicine therapists, Life strategists, psychologists, energy balancing facilitators and orthopedic surgeons.
- 2000-2006 ● *Berelife Natural Health Care Center*
Position and Duties: Personal Assistant/ Administrator & Osteopath
Personal assistant duties for Professor Christoff (Founder of Berelife)
Duties included paper work, typing, client bookings, book keeping, invoices, transactions and schedule management.