

About Dacia

Dr. Dacia Milescu is a certified Hatha Yoga Instructor and Podiatric Physician. Dacia has been a resident of Central Florida since August 2003. She lives in Lake Mary with her husband and three children.

Dacia's background as a competitive gymnast, coach, and physician has given her unique insights into the interaction of the human mind, body, and spirit. This insight has led her to embrace Yoga as a means to helping people regain their health and well-being.

Educational Background

Dacia graduated from Hofstra University and proceeded to New York Podiatric Medical School in 1991 to 1995. Afterwards she did her Internship and Surgical Residency at St. Barnabas Hospital in the Bronx, New York from 1995 to 1998.

Within the field of podiatric medicine, Dacia is interested in lower extremity sports injuries, dance medicine, diabetic foot infections, and wound care.

Professional Associations

Dacia is currently a member in good standing of several professional organizations, including:

American College of Foot and Ankle Surgeons (A.C.F.A.S.) 1998-present
Diplomate member American Board of Podiatric Surgery (A.B.P.S.) since 2004
Fellow of A.P.W.C.A. (American Professional Wound care Association 2008
Member of A.A.W.C. (Association for the Advancement of Wound Care) since 2007

Dacia is currently affiliated with Florida Hospital - Altamonte and South Seminole Hospital.

Yoga Alliance member registered 200 hour Hatha Yoga Instructor
Athletics

Dacia was a competitive gymnast for 12 years, earning a college scholarship. She currently enjoys teaching an after school enrichment class for gymnastics and has added yoga at Sweetwater Episcopal Academy. She was a part time Browns Gymnastic team coach in Sanford Florida from 2005 to 2008.
Present Goals

To introduce the art and science of Yoga to children, adults and the geriatric population.

To provide tools of self healing and encourage a healthy lifestyle through yoga.

To provide lessons which are tailor made therapeutic yoga practices that address each individual's particular health needs.

To provide a bridge between standard allopathic medicine and complementary medicine allowing a synthesis or transformation of ideas resulting in a comprehensive method of Preventative Medicine .

Through yoga as therapy, combat the fight against obesity and subsequent sequela of disease such as diabetes which is currently reaching astronomical numbers.