



Prana Pilates *checklist*

WEEK 2 OCTOBER 18 – OCTOBER 25

TASK	DONE
01 Read or listen to the Somatics & Activation Module	☐
02 Practice Your Releasing Breath & complete your CRF #6	☐
03 Practice Your Releasing Breath & complete your CRF #7	☐
04 Practice Your Releasing Breath & complete your CRF #8	☐
05 Practice Your Kapalabhati Breath & complete your CRF #9	☐
06 Practice Your Kapalabhati Breath & complete your CRF #10	☐
07 Practice Your Kapalabhati Breath & complete your CRF #11	☐
08 Do your Wood Element Experience & complete your CRF #12	☐
09 Practice The Wood Element Sequence & complete your CRF #13	☐
10 Practice The Wood Element Sequence & complete your CRF #14	☐
11 Practice The Wood Element Sequence & complete your CRF #15	☐
12 Read or listen to the Wood Element Module	☐
13 Complete your Wood Element Module Questions	☐
14 Submit all Forms / Answers to halilovestudio@gmail.com	☐