



Prana Pilates *checklist*

WEEK 9 DECEMBER 5 - 12

TASK	DONE
01 Watch the December 6 Video and submit your insights to halilove@me.com	<input type="checkbox"/>
02 Watch the December 7 Video and submit your insights to halilove@me.com	<input type="checkbox"/>
03 Catch up on the previous weeks work.	<input type="checkbox"/>
04 Take a DEEP BREATH and SMILE.	<input type="checkbox"/>