Prana Pilates

Class Reflection Form

Name: _____ ***Date(s) of Completion:*** _____

What Class Did You Complete:

_____

Duration of Class: _____

Integration & Reflection

- What did you learn about your body and/ or breath?

- What did you learn about the teaching approach?

- What did you learn about alignment?

Certification Confirmation

I confirm that I have completed this self-guided practice mindfully, to the best of my ability.

□ Yes □ No. Signature: _____ Date: _____