



Prana Pilates *checklist*

WEEK 2 OCTOBER 18 – OCTOBER 25

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