



Prana Pilates *checklist*

WEEK 11 DECEMBER 20 - 26

TASK	DONE
01 Practice Cyndy's Metal Element Class and complete your CRF #32	<input type="checkbox"/>
02 Practice Jess's Water Element Class and complete your CRF #33	<input type="checkbox"/>
03 Teach your remaining sequences to get your certification!	<input type="checkbox"/>
04 Submit all Forms / Answers to halilovestudio@gmail.com	<input type="checkbox"/>