



Prana Pilates *checklist*

WEEK 4: NOVEMBER 2 – NOVEMBER 8

TASK	DONE
01 Take a moment to congratulate yourself - you're doing GREAT so far!	<input type="checkbox"/>
02 Review the sequence recap - on this week's web info	<input type="checkbox"/>
03 Review the Wood Element Verbiage - on this week's web info	<input type="checkbox"/>
04 Create your Wood Element Sequence - see instructions	<input type="checkbox"/>
05 Review the Powerful Prana Pilates Teaching Techniques	<input type="checkbox"/>
06 Review the Introduction to Anatomy PDF	<input type="checkbox"/>