



Metal Element — Prana Pilates Module Questions

Section 1: Theoretical Understanding

1. Which two organ systems and meridians are associated with the Metal Element, and what are their primary energetic and physiological functions?
2. How does the Metal Element embody the qualities of refinement, structure, and release in both movement and life philosophy?
3. What emotions arise when Metal energy is balanced versus when it is deficient or excessive?
4. Why is the Metal Element connected to the breath, boundaries, and the process of letting go?
5. Describe how the season of autumn reflects the wisdom of the Metal Element within the body, mind, and spirit.

Section 2: Anatomical & Energetic Integration

1. Which areas of the body are most influenced by the Lung and Large Intestine meridians, and how do these pathways support posture and breath capacity?
2. How do lateral movements and rib cage expansion exercises nourish and harmonize Metal Element energy in a Prana Pilates practice?
3. In what ways do spinal extension and precise arm work help cultivate strength and integrity through the upper body?
4. Describe how intentional breathing and controlled exhalation facilitate emotional and energetic release in the Metal Element.
5. What are three Prana Pilates movements that directly stimulate or balance Metal Element energy and support clarity, breath, and release?

Section 3: Emotional & Psychological Application

1. How can mindful movement and breathwork help transform grief, rigidity, or perfectionism into calm presence and inner strength?
2. What does it mean to “refine your practice” through the lens of the Metal Element?
3. How might emotional holding or grief show up in the physical body, and how can Metal-inspired practices support release?
4. Describe a personal or teaching experience where you embodied the qualities of surrender, integrity, or quiet strength.
5. How can awareness of the exhale become a metaphor for letting go — both physically and emotionally — during practice?

Section 4: Practical Teaching Application

1. What is your primary teaching intention when guiding a Metal Element–inspired Prana Pilates class?
2. Which anatomical focuses or movement patterns best activate and balance the Lung and Large Intestine meridians?
3. How would you verbally cue a student to embody the Metal Element through breath, precision, and mindful release?
4. What teaching strategies can help students who show signs of excessive Metal energy (rigidity, control, or emotional detachment)?
5. How can reflective journaling or post-class discussion help students integrate the themes of surrender, breath, and renewal from the Metal Element?