



# Prana Pilates *checklist*

WEEK 3: OCTOBER 25 – NOVEMBER 1

TASK	DONE
01 Read the Sequence Recap Section & answer the questions	<input type="checkbox"/>
02 Do your Prana Pilates Yoga Asana & complete your CRF #16	<input type="checkbox"/>
03 Do your Prana Pilates Yoga Asana & complete your CRF #17	<input type="checkbox"/>
04 Do your Prana Pilates Yoga Asana & complete your CRF #18	<input type="checkbox"/>
05 Read or listen to Through The Yogic Lens Theory	<input type="checkbox"/>
06 Do your Metal Element Experience & complete your CRF #19	<input type="checkbox"/>
07 Do your Metal Element Sequence & complete your CRF #20	<input type="checkbox"/>
08 Do your Metal Element Sequence & complete your CRF #21	<input type="checkbox"/>
09 Read or listen to your Metal Element Theory	<input type="checkbox"/>
10 Complete your Metal Element Module Questions	<input type="checkbox"/>
11 Submit all Forms / Answers to <a href="mailto:halilovestudio@gmail.com">halilovestudio@gmail.com</a>	<input type="checkbox"/>