



Prana Pilates *checklist*

WEEK 10 DECEMBER 12 - 19

TASK	DONE
01 Do your Fire Element Experience & complete your CRF #32 (located on December 13 live video recording)	<input type="checkbox"/>
02 Practice The Fire Element Sequence & complete your CRF #33	<input type="checkbox"/>
03 Practice The Fire Element Sequence & complete your CRF #34	<input type="checkbox"/>
04 Practice The Fire Element Sequence & complete your CRF #35	<input type="checkbox"/>
05 Listen to the Fire Element Theory, located on December 13 live video recording, OR you can read the PDF	<input type="checkbox"/>
06 Complete your Fire Element Module Questions	<input type="checkbox"/>
07 Teach your Fire Element Sequence & Submit your TF - Earth	<input type="checkbox"/>
08 Review the live from December 13 and submit your insights	<input type="checkbox"/>
09 Review the live from December 14 and submit your insights	<input type="checkbox"/>
10 Submit all Forms / Answers to halilovestudio@gmail.com	<input type="checkbox"/>