



Prana Pilates

# Missed Session Completion Record

Name: \_\_\_\_\_

Date of Missed Class: \_\_\_\_\_

Title or Focus of the Class Missed (e.g., Fire Element Flow, Core 34 Lab, Foundations Series):

\_\_\_\_\_

Date You Completed the Makeup Class: \_\_\_\_\_ Duration of Class: \_\_\_\_\_

## Integration & Reflection

- What new insights did you gain about your body, breath, or teaching approach?
- How can you apply what you learned today to your Prana Pilates Teacher Training?
- Is there any area you'd like additional guidance, clarification, or feedback on?

## Certification Confirmation

I confirm that I have completed this self-guided practice mindfully, to the best of my ability.

☐ Yes ☐ No.      Signature: \_\_\_\_\_ Date: \_\_\_\_\_