



Prana Pilates *checklist*

WEEK 6: NOVEMBER 15 – NOVEMBER 21

TASK	DONE
01 Review Anatomy (or watch the live video from today's class)	<input type="checkbox"/>
02 Review the PP Teaching Techniques (or watch the live video from class)	<input type="checkbox"/>
03 Answer (in detail) and submit Krysta's Wood Element Question	<input type="checkbox"/>
04 Listen to the Water Element Theory	<input type="checkbox"/>
05 Do your Water Element Experience & complete your CRF #23	<input type="checkbox"/>
06 Do your Water Element Sequence & complete your CRF #24	<input type="checkbox"/>
07 Do your Water Element Sequence & complete your CRF #25	<input type="checkbox"/>
08 Do your Water Element Sequence & complete your CRF #26	<input type="checkbox"/>
09 Complete your Water Element Module Questions	<input type="checkbox"/>
10 Teach your Wood Element Sequence & Submit your TF - Wood	<input type="checkbox"/>
11 Teach your Metal Element Sequence & Submit your TF - Metal	<input type="checkbox"/>
12 Teach your Water Element Sequence & Submit your TF - Water	<input type="checkbox"/>
13 Do the live Water Element Class from today's live class, complete your CRF #27	<input type="checkbox"/>
14 Submit all Forms / Answers to halilovestudio@gmail.com	<input type="checkbox"/>



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WEEK 5: NOVEMBER 9 – NOVEMBER 14

TASK	DONE
01 Do Krysta's Wood Element Class & Complete your CRF #22	<input type="checkbox"/>
02 Submit your Form to halilovestudio@gmail.com	<input type="checkbox"/>



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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"/>



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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 halilovestudio@gmail.com	<input type="checkbox"/>



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WEEK 2 OCTOBER 18 – OCTOBER 25

TASK	DONE
01 Read or listen to the Somatics & Activation Module	<input type="checkbox"/>
02 Practice Your Releasing Breath & complete your CRF #6	<input type="checkbox"/>
03 Practice Your Releasing Breath & complete your CRF #7	<input type="checkbox"/>
04 Practice Your Releasing Breath & complete your CRF #8	<input type="checkbox"/>
05 Practice Your Kapalabhati Breath & complete your CRF #9	<input type="checkbox"/>
06 Practice Your Kapalabhati Breath & complete your CRF #10	<input type="checkbox"/>
07 Practice Your Kapalabhati Breath & complete your CRF #11	<input type="checkbox"/>
08 Do your Wood Element Experience & complete your CRF #12	<input type="checkbox"/>
09 Practice The Wood Element Sequence & complete your CRF #13	<input type="checkbox"/>
10 Practice The Wood Element Sequence & complete your CRF #14	<input type="checkbox"/>
11 Practice The Wood Element Sequence & complete your CRF #15	<input type="checkbox"/>
12 Read or listen to the Wood Element Module	<input type="checkbox"/>
13 Complete your Wood Element Module Questions	<input type="checkbox"/>
14 Submit all Forms / Answers to halilovestudio@gmail.com	<input type="checkbox"/>



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WEEK 1 OCTOBER 11 – OCTOBER 18

TASK	DONE
01 Read or Listen to The History of Joseph Pilates	<input type="checkbox"/>
02 Review the Anatomical Principles Module	<input type="checkbox"/>
03 Review the Prana Pilates Sequencing Podcast	<input type="checkbox"/>
04 Review the PP Elemental Integration Chart	<input type="checkbox"/>
05 Do The Somatics Movements, complete your CRF #1	<input type="checkbox"/>
06 Do The Activation Movements, complete your CRF #2	<input type="checkbox"/>
07 Do The Yoga Movements, complete your CRF #3	<input type="checkbox"/>
08 Do The Contemporary Pilates Movements, complete your CRF #4	<input type="checkbox"/>
09 Do The Multi Barre Movements, complete your CRF #5	<input type="checkbox"/>
10 Watch or GENTLY Practice The Core 34 Sequence Video	<input type="checkbox"/>
11 Do The Core 34 Questions	<input type="checkbox"/>
12 Submit all Forms / Answers to halilovestudio@gmail.com	<input type="checkbox"/>



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WEEK 4: NOVEMBER 1 – NOVEMBER 8

TASK	DONE
01 Practice The Metal Element Sequence & complete your CRF #21	<input type="checkbox"/>
02 Practice The Metal Element Sequence & complete your CRF #22	<input type="checkbox"/>
03 Practice The Metal Element Sequence & complete your CRF #23	<input type="checkbox"/>



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WEEK 5: NOVEMBER 8 – NOVEMBER 15

TASK	DONE
01 Practice The Water Element Sequence & complete your CRF #24	<input type="checkbox"/>
02 Practice The Water Element Sequence & complete your CRF #25	<input type="checkbox"/>
03 Practice The Water Element Sequence & complete your CRF #26	<input type="checkbox"/>



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WEEK 6: NOVEMBER 15 – NOVEMBER 22

TASK	DONE
01 Practice The Earth Element Sequence & complete your CRF #27	<input type="checkbox"/>
02 Practice The Earth Element Sequence & complete your CRF #28	<input type="checkbox"/>
03 Practice The Earth Element Sequence & complete your CRF #29	<input type="checkbox"/>



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WEEK 7: NOVEMBER 22 – NOVEMBER 29

TASK

DONE

01

Practice The Opening Sequences & complete your Sequence Log #1



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WEEK 8: NOVEMBER 29 – DECEMBER 6

TASK

DONE

01

Practice The Foundations Sequences & complete your Sequence Log #2



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WEEK 9: DECEMBER 6 – DECEMBER 13

TASK

DONE

01

Practice The Progressive Sequences & complete your Sequence Log #3



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WEEK 10: DECEMBER 13 – DECEMBER 20

TASK

DONE

01

Practice The Integration Sequences & complete your Sequence Log #4



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WEEK 11: DECEMBER 20 – DECEMBER 27

TASK

DONE

01

Practice The Closing Sequences & complete your Sequence Log #5



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CERTIFICATION

TASK	DONE
01 Wood Element - Teach Class #1 - Submit for feedback	<input type="checkbox"/>
02 Wood Element - Teach Class #2 - Submit for feedback	<input type="checkbox"/>
03 Wood Element - Teach Class #3 - Submit for feedback	<input type="checkbox"/>
04 Fire Element - Teach Class #1 - Submit for feedback	<input type="checkbox"/>
05 Fire Element - Teach Class #2 - Submit for feedback	<input type="checkbox"/>
06 Fire Element - Teach Class #3 - Submit for feedback	<input type="checkbox"/>
07 Earth Element - Teach Class #1 - Submit for feedback	<input type="checkbox"/>
08 Earth Element - Teach Class #2 - Submit for feedback	<input type="checkbox"/>
09 Earth Element - Teach Class #3 - Submit for feedback	<input type="checkbox"/>
10 Water Element - Teach Class #1 - Submit for feedback	<input type="checkbox"/>
11 Water Element - Teach Class #2 - Submit for feedback	<input type="checkbox"/>
12 Water Element - Teach Class #3 - Submit for feedback	<input type="checkbox"/>
13 Metal Element - Teach Class #1 - Submit for feedback	<input type="checkbox"/>
14 Metal Element - Teach Class #2 - Submit for feedback	<input type="checkbox"/>
15 Metal Element - Teach Class #3 - Submit for feedback	<input type="checkbox"/>
16 Teach your Final Class with Your Class Reflection Form	<input type="checkbox"/>
17 Complete Your Open Book Exam	<input type="checkbox"/>