



Prana Pilates *checklist*

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"/>