

# Certificate of Attendance

REVIEW AND PRACTICE OF ALL THE CLASSIC PNF  
(PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION)  
SEQUENCES FOR ENTIRE BODY

Pilates Alliance, Japan: 1.5 Hours  
(1.5CEC)

Presented by:

Pilates  
Alliance

®

  
Irene Dowd

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Attendee:  
Dated: December 14<sup>th</sup>

This course was organized by the Pilates Alliance, it will be issued this certificate to the students.  
It will be issued as a certificate of attendance to the participants.