

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**

®

Attendee: _____

Irene Dowd

Dated: December 14th

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.