

Sovereign Pearl: Becoming Queenly

Parlor 8 Progress Checklist

A gentle progress companion for Parlor Eight. Check off each practice as you complete it. There is no rush. Listen for the sirens, and claim your crown.

Practices

☐	Sovereign Pearl: Becoming Queenly Pt. One	9:15
☐	Sovereign Pearl: Becoming Queenly Pt. Two	10:40
☐	Sovereign Pearl: Sirens and Mermaids	11:38
☐	Yoga Intro: Queen's Clarity	2:23
☐	Yoga: Queen's Clarity	1:16:08
☐	Meditation: The Treasure Within	10:48
☐	Self Care: Intro to Gua Sha	5:11
☐	Dance Improv: Inner Sight	4:34
☐	Self Care: Gua Sha Practice	5:04
☐	Sensual Care: Yoni Egg #3 The Treasure Within	19:06

Clarity shapes the crown. Softness steadies the queendom.