

Sovereign Pearl: I Came To Slay

Parlor 5 Progress Checklist

A gentle progress companion for Parlor Five. Check off each practice as you complete it. There is no rush. Move at the pace of your own fierce heart.

Practices

☐	Sovereign Pearl: The Fierce Feminine	13:11
☐	Sovereign Pearl: Battling the Beast	7:57
☐	Yoga Intro: The Fierce Heart	1:57
☐	Yoga: I Came To Slay	1:01:35
☐	Sensual Care: Intro To the Yoni Egg	4:49
☐	Meditation: Yoni Activation	8:33
☐	Dance Improv: Fierceness In the Dark	5:30
☐	Meditation: Cord Cutting	11:04
☐	Sensual Care: Yoni Egg, Work and Care	3:43
☐	Sensual Care: Yoni Pulse	12:48
☐	Dance Improv: Rock Steady	4:19
☐	Self Care: Restorative Yoga	41:22

Realness over polish. Softness and fire, together.