

Sovereign Pearl: The Radiant Pearl

Parlor 9 Progress Checklist

A gentle progress companion for Parlor Nine. Check off each practice as you complete it. There is no rush. Adorn the pearl you have become.

Practices

☐	Sovereign Pearl: Adorning the Pearl	13:54
☐	Sovereign Pearl: Microcosm and Macrocosm	11:11
☐	Yoga Intro: The Pulsing Halo, Magnetism and Radiance	5:38
☐	Yoga: The Pulse of Our Halo	1:02:46
☐	Sensual Care: Yoni, Queen's Pearl	12:18
☐	Dance Improv: Radiant Halo	5:25
☐	Self Care: Queenly Being, Honey Facial	12:02
☐	Yoga Nidra: Restful, Radiant Crown	20:32
☐	Dance Improv: Praise You (Graduation)	4:20

You are the Pearl. You are the Queen of your own island.