

Sovereign Pearl: Embody Sovereignty

Parlor 1 Progress Checklist

A gentle progress companion for Parlor One. Check off each practice as you complete it. There is no rush. Move at the pace of grounded support.

Practices

☐	Sovereign Pearl: Welcome and Introduction	
☐	Sovereign Pearl: Course Overview	4:01
☐	Sovereign Pearl: What Does It Mean To "Embody Sovereignty"?	7:00
☐	Yoga Theme: Grounding and Connection	5:21
☐	Yoga Practice: Grounding and Connection	1:05:15
☐	Yoga Practice: Salutation to the Sea	3:55
☐	Pranayama Practice: Square Breath	7:48
☐	Self Care: Embodied Meditation	8:27
☐	Self Care Practice: Walking Barefoot Meditation	6:33
☐	Sensual Care Practice: In Touch With Your Senses	10:30
☐	Embodiment Practice: Dance Improv	6:45
☐	Meditation Practice: Just Sit (STFD)	10:51
☐	Pranayama Practice: So Hum	7:45
☐	Self Care Practice: Foot Fascia Freedom	16:09
☐	Journaling Questions	
☐	Set up and log into Element	
☐	Submit any questions and join the live call	

Sovereignty begins where you meet yourself with presence.