

Sovereign Pearl: The Surface and the Deep

Parlor 6 Progress Checklist

A gentle progress companion for Parlor Six. Check off each practice as you complete it. There is no rush. Dive beneath the surface at your own pace.

Practices

☐	Sovereign Pearl: Ocean of Consciousness	12:35
☐	Sovereign Pearl: Samskaras	13:03
☐	Sovereign Pearl: Alchemy	12:18
☐	Yoga Intro: Fifth Chakra	2:32
☐	Yoga: Purify Your Voice and Rejoice	1:08:24
☐	Meditation: Healing Growths	11:19
☐	Self Care: Yin Yoga For Neck and Back	29:21
☐	Sensual Care: Yoni Egg, the Surface and the Deep	11:23
☐	Dance Improv: Neck Discotheque	3:56
☐	Journaling Questions	
☐	Set up and log into Element	
☐	Submit any questions and join the live call	

What stirs below shapes what moves above. Meet it with compassion.