

Sovereign Pearl: Lift the Veils

Parlor 3 Progress Checklist

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

Practices

☐	Sovereign Pearl: Healing and Reconnection	10:30
☐	Sovereign Pearl: Malas (Three Veils)	10:04
☐	Yoga Intro: Enter The Center	3:41
☐	Yoga: Enter the Center	1:18:47
☐	Sovereign Pearl: Surrender, A Path To Healing	7:16
☐	Meditation: Surrender and Submerge	6:25
☐	Pranayama: Microcosmic Orbit Intro	4:24
☐	Pranayama: Microcosmic Orbit Breath	7:40
☐	Dance Improv: Tend To the Center	4:41
☐	Self Care: EFT (Emotional Freedom Technique)	7:53
☐	Self Care: EFT Diagram	
☐	Sensual Care: Breast Massage Part Two	6:49
☐	Self Care: Abhyanga Intro	3:39
☐	Self Care: Abhyanga	17:22

Softness first. The veils lift in their own time.