

Sovereign Pearl: The Pearl

Parlor 2 Progress Checklist

A gentle progress companion for Parlor Two. Check off each practice as you complete it. There is no rush. Let the irritant become the pearl in its own time.

Practices

☐	Sovereign Pearl: Pearl As a Metaphor	7:16
☐	Meditation: Pearl	5:52
☐	Sovereign Pearl: Cycles of Intuition	2:44
☐	Sovereign Pearl: Healing Takes Time	11:45
☐	Yoga Intro: Wading Into the Hips	4:56
☐	Yoga Practice: Wading Into the Waters	58:46
☐	Dance Improv: Hips and Pelvis	4:32
☐	Meditation: Five Senses	10:22
☐	Yoga: Hip Yin Mandala	34:39
☐	Self Care: Dry Brushing	6:51
☐	Yoga: Hot Hips and Shells	10:54
☐	Pranayama: Ladder Breath	4:08
☐	Sensual Care: Breast Massage Pt One	4:16

The wound is where the light enters. Softness and strength, together.