

# Sovereign Pearl: Parlor Three

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