

Sovereign Pearl: Parlor One

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