

The Aquarian Teacher™

Level One Instructor Yoga Manual

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PG # Book	NAME OF KRIYA/MEDITAION	REVISION
124	Sodarshan Chakra Kriya	In the Mudra & Breath Pattern section, a) replace the 3rd sentence with these instructions: "Pull the navel in 1/3 of the way on WHAA, 1/3 farther in on HAY, and all the way in on GUROO. Then release the navel completely, and begin again. Repeat this process, mentally chanting the mantra."