

The Aquarian Teacher™

Level One Instructor Yoga Manual



© 2010 Fifth Edition Kundalini Research Institute
Rev 2.18

PG # Book	NAME OF KRIYA/MEDITAION	REVISION
24	Stress Set for Adrenals & Kidneys	Exercise #3: Replace "Relax the hands" with " Maintain the hand position and mudra ".
47	Pituitary Gland Series	Exercise #8: Remove the Note to Teacher because it is not clear and Yogi Bhajan didn't specify what to do or not to do. In this exercise, the student should not bend back too much, or even at all, so that the lower back is not negatively impacted.