

# Kundalini Yoga for Youth & Joy

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PG # Book	NAME OF KRIYA/MEDITAION	REVISION
7	Ishnaan, the Science of Hydrotherapy	Add the date " <b>July 7, 1983</b> " under the title
11	Kriya for the Sciatic Nerve	Exercise 13) change the first word "Shushmana" to " <b>Shavasana</b> "
15	Kriya for the Liver, Colon and Stomach	Exercise 10) complete the sentence, "Alternate this <b>standing/sitting movement 4 times.</b> "
31	Kriya for Mental Efficiency	Exercise 1) add the words " <b>for 9 minutes</b> " after the words, "move as follows"
52	Kriya for Balancing Head and Heart	Delete the drawings for 3) and add the bolded verbiage, "3) Stand up and add Crow squats to the arm movements of exercise 2. As you exhale come down into Crow Pose, a crouching position with the knees drawn into the chest and soles of the feet flat on the floor, <b>keeping the arms out to the sides.</b> As you inhale and bring the arms up over the head, come into a standing position. Continue alternating squatting in Crow Pose and standing up with the arm movement for 3-4 minutes at a speed of 1 second per movement."