### Kundalini Yoga for Youth & Joy

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<table>
<thead>
<tr>
<th>PG # Book</th>
<th>NAME OF KRIYA/MEDITATION</th>
<th>REVISION</th>
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</thead>
<tbody>
<tr>
<td>15</td>
<td>Kriya for the Liver, Colon and Stomach</td>
<td>Exercise 12) before the sentence, &quot;Exhale...&quot; add the sentence, &quot;Begin to breathe in thru a rolled tongue.&quot;</td>
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| 21-22     | Kriya for the Kidneys | Add the date, "**July 5, 1983**"  
Ex 1) Change the time to **10 minutes**.  
Ex 2) Change the time to **11 minutes**.  
Ex 3) Change the time of the left buttock kick to **30 seconds** instead of 1 minute.  
Ex 4) Change times to **1:30 and 4 minutes** for the first two parts, with **6-7 minutes** total. The third part is correct at 2 minutes.  
Ex 5) Change the time of chanting from 2-3 to **2:30 minutes**. Change the time of the second breath suspension from 30 to **20 seconds**.  
Ex 5) Add an "s" to the end of exercise. Yogi Bhajan was talking about all 5 exercises. Separate this comment from the first one by starting a new line.  
Ex 6) In the first part, change time from 5 to **1-2 minutes**. The second part is correct at 5 minutes. |