

The Aquarian Teacher™

Level One Instructor Yoga Manual



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current revisions, pending reprint

| PG # Book | NAME OF KRIYA/MEDITAION | REVISION |
|--------------|------------------------------|---|
| 29-30 | Exercise Set for the Kidneys | <p>Add the date, "July 5, 1983"</p> <p>Delete the comment, "This set is from Kundalini Yoga for Youth & Joy" because we now know that this set is from July 5, 1983 - the lecture is posted on the Yogi Bhajan Library of Teachings.</p> <p>Ex 1) Change the time to 10 minutes.</p> <p>Ex 2) Change the time to 11 minutes.</p> <p>Ex 3) Change the time of the left buttock kick to 30 seconds instead of 1 minute.</p> <p>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.</p> <p>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.</p> <p>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.</p> <p>Ex 6) In the first part, change time from 5 to 1-2 minutes. The second part is correct at 5 minutes.</p> |