<table>
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<th>PG # Book</th>
<th>NAME OF KRIYA/MEDITATION</th>
<th>REVISION</th>
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| 29-30     | Exercise Set for the Kidneys | Add the date, "July 5, 1983"  
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.  
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. |