## Physical Wisdom

### NAME OF KRIYA/DEITY

#### PG # Book

<table>
<thead>
<tr>
<th>PG # Book</th>
<th>NAME OF KRIYA/DEITY</th>
<th>REVISION</th>
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</thead>
<tbody>
<tr>
<td>20, 22, 24</td>
<td>Yoga for Children , Yoga for Young People, and More Yoga for Young People</td>
<td>Add a note under the title/date of these kriyas, &quot;This kriya is for people of all ages.&quot;</td>
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</tbody>
</table>
| 22-23 | Yoga for Young People | 1. Revise the date to **February 3, 1989**  
2. Revise the first quote to correct the spelling of inglemingles to *intermingles*.  
3. Ex 1. add to the beginning of the 2nd sentence, "**Keeping the legs straight, from the hips** shake your feet and..."  
5. Ex 1. revise the time to **3 1/2 minutes**.  
6. Ex 2. Delete reference to punching as this is a much softer push pull flowing motion. "One arm moves out as the other pulls back. Let your body move left and right at the waist."  
7. Ex 2. Add a sentence at the end, "**Go directly to the next exercise.**"  
8. Ex 3b. Add a sentence at the end, "**Go directly to the next exercise.**"  
9. Ex 5. Introductory prayer time is **1 minute**.  
8. Ex 6. Add "**108 times.**" to complete the last sentence. |
| 49 | Stress Relief and Clearing the Emotions of the Past | Add the date **November 18, 1991** |