

# Physical Wisdom

compiled by Harijot Kaur Khalsa  
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 Rev 10.18



PG # Book	NAME OF KRIYA/MEDITAION	REVISION
20, 22, 24	Yoga for Children ,Yoga for Young People, and More Yoga for Young People	Add a note under the title/date of these kriyas, " <b>This kriya is for people of all ages.</b> "
22-23	Yoga for Young People	<ol style="list-style-type: none"> <li>1. Revise the date to <b>February 3, 1989</b></li> <li>2. Revise the first quote to correct the spelling of ingle-mingles to <b>intermingles</b>.</li> <li>3. Ex 1. add to the beginning of the 2nd sentence, "<b>Keeping the legs straight, from the hips</b> shake your feet and..."</li> <li>5. Ex 1. revise the time to <b>3 1/2 minutes</b>.</li> <li>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."</li> <li>7. Ex 2. Add a sentence at the end, "<b>Go directly to the next exercise.</b>"</li> <li>8. Ex 3b. Add a sentence at the end, "<b>Go directly to the next exercise.</b>"</li> <li>9. Ex 5. Introductory prayer time is <b>1 minute</b>.</li> <li>8. Ex 6. Add "<b>108 times.</b>" to complete the last sentence.</li> </ol>
49	Stress Relief and Clearing the Emotions of the Past	Add the date <b>November 18, 1991</b>