

The Aquarian Teacher™

Vitality & Stress Student Manual, Study Guide, and Exam



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PG # Book	NAME OF KRIYA/MEDITAION	REVISION
224-M	Stress Backpack Meditation No. 5	Change the date to September 29, 1975. The transcript of this lecture is available in The Yogi Bhajan Library of Teachings at libraryofteachings.com - sign in to view or create a new account for free.
274-M	Stress Backpack Meditation No. 6	After Nirbho, delete the comma and add a hard return so that Nirvair is on the next line. There should be a breath after Nirbho, so Nirvair needs to be printed on the next line.