

# The Aquarian Teacher™

## Vitality & Stress Student Manual, Study Guide, and Exam



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Revisions as of 12/6/2017

PG # Book	NAME OF KRIYA/MEDITAION	REVISION
21-M 18-SG	Day 1, Relieving Your Elementary Stress	The correct date is November 8, 1989.
55-M	Day 2, Cortisol	2nd column, 6th line, replace "in" with "and" so that it reads, "Cortisol is monitored by the hypothalamus <b>and</b> the pituitary."
41-SG	Question #6	Add the following to the end of question #6: "...of the experience, what is the result?"
#31	Exam	Replace letter e) Eat so that your food passes smoothly in <b>18-24</b> hours
#37	Exam	Replace letter d) Do not eat for <b>4.5</b> hours before bed
#5	Exam Answer Key	Spoiler Alert! Students, don't read this one! It's for Trainers and Small Group Leaders! The answer is B, and as of 3/25/17 the answer key was revised.