

The Aquarian Teacher™

Level 2 Lifecycles & Lifestyles Student Manual

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 Corrections as of November 18, 2019



PG # Book	NAME OF KRIYA/MEDITATION	REVISION
16	WARMUP I	Correct the numbers next to the pictures. There is no Ex 4. The first picture corresponds with Ex 1, the 2nd w 2, and the 3rd with 3.
manual 34, study guide 15	LIVING WEIGHTLESSLY & BREAKING THE BONDS OF EARTH	Ex 2. Correct MUDRA "Maintain the mudra and begin Breath of Fire..." in manual and study guide.
237	MEDITATION FOR SHAKTI PAD AND MIDLIFE TRANSITION	Correct the mudra, "Extend the first two fingers of the right hand and the index finger of the left hand." We are also replacing the photos to show two fingers of the right and index only of the left hand pointing up.