



Vitality and Stress Yogi Bhajan Videos

Links to the Yogi Bhajan Videos in The Library of Teachings

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Day 1: Video link [here](#) (Class date - 1989-11-08)
Lecture: Your Basic Elementary Stress

Kriya: Relieving your Elementary Stress

Day 2: Video link [here](#) (Class date - 1991-11-18)
Lecture: Pittra Kriya

Kriya: Pittra Kriya

Day 3: Video link [here](#) (Class date - 1989-11-14)
Lecture: The stress free Zone

Kriya: Clearing the Subconscious reverse Personality

Day 4: Video link [here](#) (Class date - 1989-10-29)
Lecture: Live without Pain

Kriya: Connecting the Third and Fifth Chakras

Day 5: Video link [here](#) (Class date - 1987-07-21)
Lecture: Crossing the Crisis

Kriya: Crossing the crisis with Naaraa Kar Kriya

Day 6: Video link [here](#) (Class date - 1989-11-16)
Lecture: Emotional resilience; cutting the negative Thoughts

Kriya: Emotional resilience; cutting the negative Thoughts

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