

VATA DOSHA

ELEMENTS

- . air
- . ether

ATTRIBUTES

- . dry
- . light
- . rough
- . mobile

IMBALANCES

- . Dry skin
- . Irregular appetite; "grazer"
- . Cold hands and feet
- . Dry cough
- . Constipation
- . Hoarse throat
- . Restless legs
- . Tapping fingers, pulling hair, tics
- . Hiccups
- . Belching
- . Stiff muscles and joints
- . Anxiety
- . Tinnitus (ringing in the ears)
- . Vertigo
- . Difficulty remembering
- . Trouble staying asleep
- . Trouble getting to sleep
- . Fearful dreams
- . Hyperactivity
- . Cracking joints
- . Delusions
- . Dissociation
- . Shortness of breath
- . Bone density issues
- . Flatulence
- . Tremors
- . Trouble swallowing

KING OF DOSHA

PRACTICES FOR VATA

- . meditation
- . pranayam
- . nature
- . warm bath
- . warm food x 3
- . vinyasa yoga
- . yin yoga
- . deep relaxation
- . tapping

VATA
essential oils
geranium
clove
rose

VATA INSPIRED
VINYASA65
MOVE60
CORE60
HYY65
Strength + Stillness65

E.F.T
emotional
freedom
technique

PITTA DOSHA

PITTA IMBALANCES

- . Easily sunburns
- . Heartburn
- . Diarrhea
- . Strong anger
- . Agitation as a stress response
- . Teeth sensitivity
- . Burning sensation in eyes, skin, mouth, or with urination
- . Yellow, smelly urine, or excess urine
- . Excess sweat
- . Flushed nose, cheeks, or ears
- . Bloodshot eyes or yellow in eyes (and skin)
- . Acne or skin rashes
- . Nosebleeds or excess bleeding when cut
- . Smelly feet, armpits, or a general sour

PITTA ESSENTIAL OILS

Mint
Sandalwood
Jasmine
Lavender

gentle hatha
tai chi
meditation

eat sitting down
on time

do charity
volunteer

YOGA POSTURES

- . downward facing dog
- . low lunge
- . triangle pose
- . half moon & revolve
- . side plank
- . wide legged forward fold
- . chair pose
- . locust
- . seated forward fold
- . upward pigeon
- . seat one leg forward fold
- . bridge pose
- . shoulder stand
- . fish pose

KAPHA DOSHA

KAPHA IMBALANCES

- Slow or dull digestion
- Stagnation; inertia
- Constipation
- Excess saliva
- Excess mucous
- Greed
- Attachment issues
- Clammy skin
- Wet cough
- Skin tags
- Odema (water retention)
- Excessive napping; difficulty waking
- Hypomobility
- Foggy mind
- Stubborn
- Depression
- Congestion
- Chills
- Lack of appetite
- Difficulty breathing
- Pneumonia
- Cysts
- Feeling heavy or sleepy after eating
- Difficulty initiating (slow starter)

ELEMENTS
earth + water

POSITIVE PRACTICE

exercise before 10am
skip napping
hot yoga
practice gratitude
hang out with vata
light meals in the evening

BALANCED

strong
loyal
patient
steady
supportive

KAPHA

ESSENTIAL OILS

Camphor
Juniper
Ylang Ylang
Marjoram
Clove

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