

Yoga Veda Dosha Asana

Vatta Air Ether		Pitta Fire Water		Kapha Water Earth	
<p>DRY: skin, hair, lips, tongue, colon, stools, voice, mouth.</p> <p>LIGHT: Musculature, bones, thin body frame, weight, sleep, focus, fat, visible anatomical landmarks</p> <p>COLD: hands, feet, skin, extremities, poor circulation, hates cold, loves heat, stiffness, symptoms worse in cold and better in heat</p> <p>ROUGH: skin, nails, hair, teeth, joints,</p> <p>SUBTLE: fear, anxiety, twitching, lean, visible muscles and joints.</p> <p>SMALL: Small frame, small eyes, small features</p> <p>MOBILE***: fast walking, talking, thinking, multi-tasking, restlessness, eye movements, tremors, changing moods, scattered minds, ruminations, hand gestures, spontaneous. (***) less “important” than the gunas above it but usually the guna that is most prevalent and leads the diagnosis of a Vata imbalance)</p>		<p>HOT: Hot internal thermostat, feels the heat, dislikes being in the sun, sweats easily and copiously, strong digestive fire, hot tempered, fiery (think red head), hot skin, burns easily</p> <p>SHARP: Sharp features, pointed nose, sharp tongued, sharp witted, sharp intellect and memory, sharp teeth, sharp aims and ambitions (type A behaviour)</p> <p>LIGHT: Light/medium body frame and musculature, dislikes bright light, light skin, light thin hair</p> <p>LIQUID: Sweat easily and lots, looser stools, lots of urine.</p> <p>SPREADING: Pitta has the capacity to spread easily and typically on the skin; spreading rash, spreading inflammation</p> <p>OILY: Slightly oily skin and hair and often an oily residue in the stools.</p> <p>SOUR: Acidity, indigestion, reflux, ulcers, heartburn, and form of burning sensation.</p> <p>MEDIUM: Size, frame, eyes, features</p>		<p>HEAVY/LARGE: Heavy bones, muscles, large body frame, gains weight easily, deep heavy voice, grounded personality, large eyes.</p> <p>SLOW: Laid back, calm, slow walk, slow talk, slow digestion and metabolism.</p> <p>COOL: Cool clammy skin, prone to colds and associated symptoms such as congestion.</p> <p>OILY: Prone to excessive oily skin, blackheads, oily hair, often oily discharge with the stool.</p> <p>LIQUID: Prone to excess salivation, wet tongue with lots of saliva, moist large eyes, water retention, bloating, any form of congestion but primarily respiratory based.</p> <p>DENSE: Good padding of skin, muscle and/or fat, difficult to locate key anatomical landmarks, bones, tendons and ligaments, strong thick hair, strong nails. ☑</p> <p>SOFT: Soft physically but more so in terms of personality; soft, loving, kind, nurturing, motherly, caring etc</p> <p>STATIC: Loves relaxing, sitting, day dreaming, sleeping.</p>	
Balance	Imbalance	Balance	Imbalance	Balance	Imbalance
Energetic Enthusiastic Bubbly Friendly	Nervous Anxious Forgetful Restless	Funny Cooperative Confident Decisive	Critical Angry Dictator like Workaholic	Generous Kind Strategic Patient	Stubborn Melancholic Grudge holding Feels stuck

Yoga Veda Dosha Asana

Balancing Vata dosha through yoga and ayurveda	Balancing Pitta dosha through yoga and ayurveda	Balancing Kapha dosha through yoga and ayurveda
<p>A yoga practice for a vata individual should create warmth, Serenity, and nourishment. Vatas can cultivate this by following some basic guidelines:</p> <ul style="list-style-type: none"> ✓ Practice at a slow, smooth, and steady pace ✓ Explore fluidity in your poses. Use gentle movements ✓ Hold each posture for a short amount of time, but do Multiple repetitions. ✓ Draw into and move from your power centre or hara. (the hara is the area below the navel and above the pubic bone) ✓ Focus on the foundation of the pose to create stability ✓ As you move, imagine you're flowing through a substance like warm water or warm mud ✓ Focus on lengthening your inhalation AND exhalation ✓ Stay connected to the earth. Ground down through your big toes ✓ Do not over-extend or deplete yourself. ✓ Your practice should be strengthening, not draining. ✓ Stay warm ✓ Conclude your practice with a long relaxation ✓ Be present! 	<p>A yoga practice for a pitta individual should encourage Compassion, acceptance, relaxed effort, and be Cooling in nature. Pittas can cultivate this by following some basic guidelines:</p> <ul style="list-style-type: none"> ✓ Have fun in your poses. Do not take yourself too seriously. ✓ Enjoy movement in your poses. ✓ Allow freedom & creativity in your practice. Change it up. Avoid sticking to one style or series of poses. ✓ Practice in a moderately cool space. You don't want to get cold, but pittas should avoid practicing in heated spaces. ✓ Focus on the yoga experience in your body, not your brain ✓ Work at 80% effort. ✓ Avoid being judgmental & critical of yourself ✓ Remind yourself that yoga is not a competition ✓ Focus on lengthening exhalation ✓ Practice plenty of twists and side body openers. ✓ Soften your gaze downward, at the horizon, or even practice with your eyes closed ✓ Benefit from practicing at a moderate pace ✓ Less is more! 	<p>A yoga practice for a kapha individual should be one that Creates space, stimulation, warmth, and buoyancy. Kaphas can cultivate this by following some basic guidelines:</p> <ul style="list-style-type: none"> ✓ Practice at a vigorous pace and intensity ✓ Practice in a warm space ✓ Use a strong, forceful breath during practice. ✓ When you are ready to release the pose, take one more breath ✓ Keep your chest and shoulders open and lifted as you practice ✓ Have a sharp upward gaze ✓ Feel a sense of lightness in your poses. ✓ Pause for a moment between your inhalations and exhalations ✓ Challenge yourself ✓ Keep moving but have short resting periods between poses ✓ Be precise in your poses ✓ Pay close attention to your alignment ✓ Don't give up!