

# VATA (Air+Ether)

"That Which Moves Things"

## ABOUT:

Vata governs the nervous system and is characterized as dry, cold, light, rough and mobile.

## WHEN IN BALANCE:

Emotional Characteristics: Creative, alert, lively conversationalists, flexible, takes initiative, idealistic.

Physical Characteristics: Cold hands and feet, light sleeper, light frame, excellent agility.

## WHEN OUT OF BALANCE:

Emotional Imbalances: Insomnia, anxiety, over-worry, forgetfulness, stressed, quick to anger, ADD/ADHD

Physical Imbalances: Constipation, gas, chills, arthritis, back pain, cravings, weakness.

## WHAT AGGREGATES VATA:

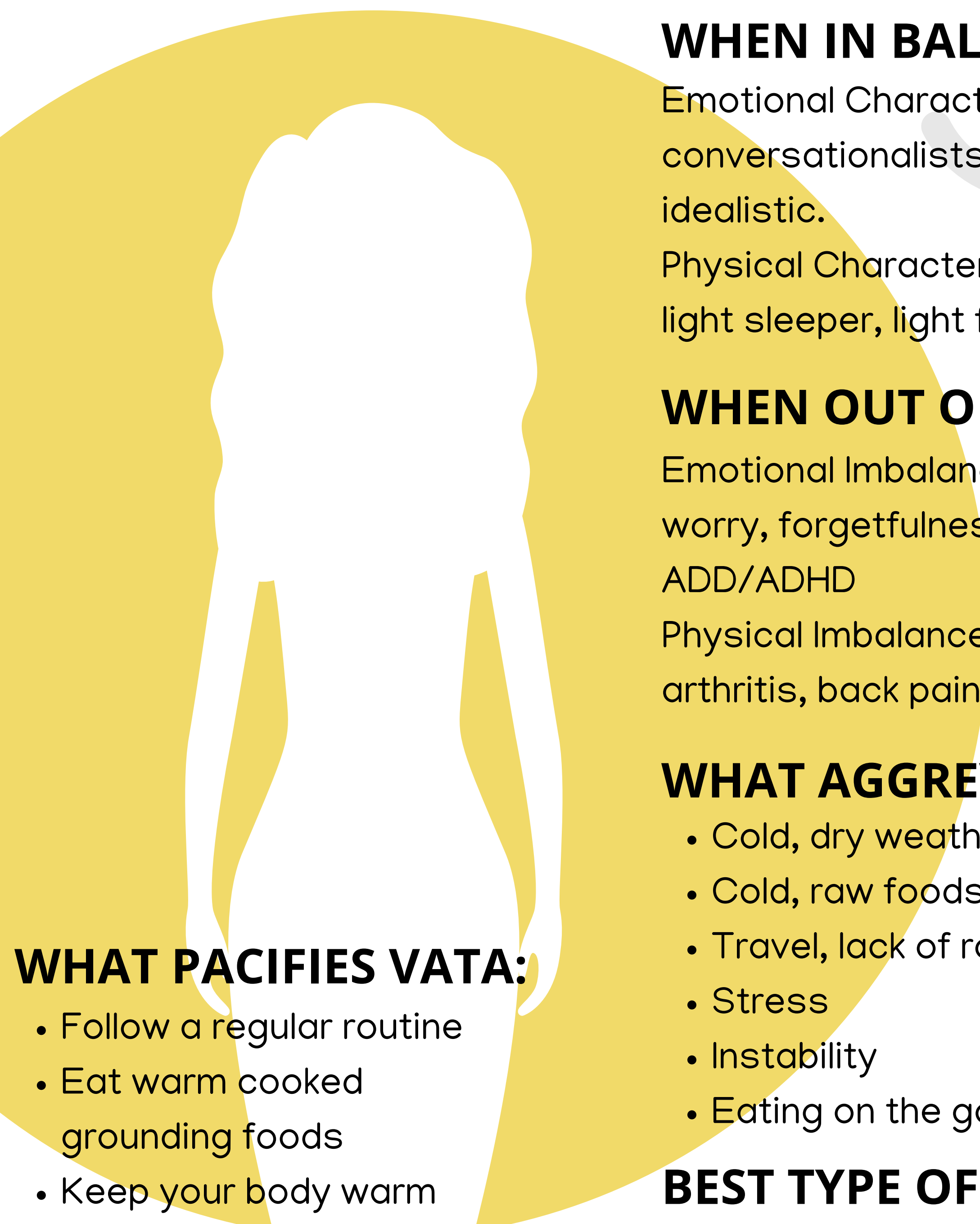
- Cold, dry weather
- Cold, raw foods
- Travel, lack of routine
- Stress
- Instability
- Eating on the go or while distracted

## BEST TYPE OF YOGA:

Yin and Restorative yoga are best to balance an active Vata.

## YOGA POSES FOR VATA:

Childs pose, forward fold, seated spinal twist, knees to chest.



## WHAT PACIFIES VATA:

- Follow a regular routine
- Eat warm cooked grounding foods
- Keep your body warm
- Self-oil massage
- Drink warm teas
- Eat root vegetables
- Connect with the Earth
- Eat: Sweet, salty and sour foods

# KAPHA (Earth+Water)

"That which Holds Things Together"

## ABOUT:

Kapha governs all structure and lubrication in the mind and the body, and is characterized as oily, cold, heavy, and soft.

## WHEN IN BALANCE:

Emotional characteristics: Patient, loyal, humorous, laid-back, easy-going, loving, forgiving, consistent.

Physical characteristics: Sleeps soundly, regular digestion, excellent immunity, robust figure.

## WHEN OUT OF BALANCE:

Emotional Imbalances: Resistance to change, sluggish, lacking motivation, possessive, attached.

Physical Imbalances: Weight gain, water retention, congestion, colds, stuffy nose, clammy hands, thick stool.

## HOW TO PACIFY KAPHA:

- Exercise everyday
- Drink warm ginger tea
- Eat warm, light, steamed foods
- Dry massage the body
- Wake up early
- Mindfully eat without distractions
- Get out in nature

## WHAT AGGREGATES KAPHA:

- Overeating
- Over sleeping
- Dairy
- Cold weather
- Emotional eating
- Lack of exercise

## BEST TYPE OF YOGA:

Vinyasa and Hatha yoga are best to balance a slow Kapha.

## YOGA POSES FOR KAPHA:

Spinal twists, planks, cobra, warrior 2.

# PITTA (Fire+Water)

"That which Digests Things"

## ABOUT:

Pitta governs digestion, metabolism and body temperature, and is characterized as hot, oily, sharp, and light.

## WHEN IN BALANCE:

Emotional Characteristics: Goal-oriented, enthusiastic, organized, witty, understanding, direct and outspoken.

Physical Characteristics: Lustrous complexion, perfect digestion, abundant energy, strong appetite.

## WHEN OUT OF BALANCE:

Emotional Imbalances: Jealous, angry, criticism, OCD, irritability, argumentative.

Physical Imbalances: Heart-burn, indigestion, excessive thirst, acne, rashes, ulcers, cold sores.

## HOW TO PACIFY PITTA:

- Meditate morning & night
- Drink mint tea to cool the body
- Eat cooling foods like green veggies
- Stay cool and calm
- Spend time out in nature
- When stressed focus on deep breathing
- Avoid stimulants: Caffeine, sugar, chocolate, alcohol

## WHAT AGGRAVATES PITTA:

- Spicy foods
- Alcohol
- Caffeine
- Overwork
- Stress
- Competition

## BEST TYPE OF YOGA:

Yin and Restorative yoga are best to balance an active minded Pitta.

## YOGA POSES FOR PITTA:

Downward facing dog, head to knee pose, supine spinal twist.