

GET TO KNOW YOUR AYURVEDIC CONSTITUTION:

How do you sleep?

1. I'm a light sleeper
2. I sleep well, the average length
3. I sleep long and deep, I have trouble waking up

What shapes your personality?

1. Creative, imaginative
2. Intelligent, perfectionist
3. Caring, patient

How is your body temperature?

1. I run cold, so I always bring a sweater
2. I run hot, wear short sleeves in winter, and seek out cooler temperatures
3. I run cool, my skin can be clammy, but usually not uncomfortably cold. I'm sensitive to rain/humidity.

How is your speech?

1. Quick
2. Sharp or direct
3. Slow

How is your digestion?

1. Prone to gas, bloating, or irregular digestion
2. Strong digestion, prone to acidity, burning sensations, or excess heat
3. Slow digestion, or a sense of heaviness or fullness

Mostly 1s: Predominantly Vata

Mostly 2s: Predominantly Pitta

Mostly 3s: Predominantly Kapha

MORE EXPLANATION COULD BE:

Vata, is the dosha of space and air, with qualities including cold, light, and dry.

Pitta, is the dosha of fire and water, with qualities including sharp and hot

Kapha, is the dosha of water and earth, with qualities including stable, cool, and moist

Learn more about the 3 doshas and how to balance them at Introduction to Ayurveda
on 2/4 at 10:30 am Led By Lauren Massaias

