

# AYURVEDIC DOSHA READING



## KAPHA

### Typical Kapha Body:

- ✓ Large frame + strong build
- ✓ Excellent stamina + strength
- ✓ Smooth, radiant skin and thick hair
- ✓ Sound sleep
- ✓ Slow digestion

### Typical Kapha Mind:

- ✓ Loyal + patient + supportive
- ✓ Naturally calm
- ✓ Thoughtful + loving
- ✓ Slow to grasp new information but good retention
- ✓ Tranquil, relaxed, and slow to anger

### Your primary dosha is Kapha!

By learning about your natural composition and tendencies as a Kapha type, you can balance your body into a state of optimal health.

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## KAPHA

### Kapha In Balance:

- ✓ Steady + Consistent
- ✓ Loyal + Supportive
- ✓ Strong
- ✓ Nurturing

### Kapha Out of Balance:

- ✓ Unmotivated
- ✓ Discouraged
- ✓ Withdrawn
- ✓ Overweight



**Kapha** is comprised of the elements water + earth. So it's the natural tendency for Kapha to move slow + steady (with everything). Because of this, Kapha can often become imbalanced with lack of diversity, motivation, and movement.

**Reflection:** In addition to getting movement in everyday, Kapha can benefit greatly from trying new things. What's a physical activity you've been wanting to try or re-try? Rollerskaing? Rock climbing? Martial arts? Now's the time!

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### Foods for Balance:

- ✓ Eat light, warming foods like vegetable soups and quinoa + bean salads
- ✓ Minimize sugar + grain intake
- ✓ Eat only when you are hungry and drink herbal tea in between
- ✓ Flavor your food with honey, cinnamon, cumin, and ginger

### Movement for Balance:

- ✓ Hatha or Vinyasa styles of yoga with consistent flow of energy
- ✓ Cardio like swimming, running, biking, dancing
- ✓ Get a massage or practice Abhyanga (self-massage) with warm safflower oil up to 2x/week

### Other things to try:

- Listen to bright, energizing music when you wake up, like pop or upbeat indie
- Enjoy aromatherapy of stimulating and spicy scents
- Try to incorporate the tastes of bitter, astringent, and pungent for extra detoxification, minimizing sour, salty, and sweet foods