

AYURVEDIC DOSHA READING

VATA

Typical Vata Body:

- ✓ Light + thin + agile
- ✓ Bursts of energy, followed by fatigue
- ✓ Dry skin + hair
- ✓ Cold hands and feet
- ✓ Light sleep
- ✓ Irregular habits
- ✓ Sensitive digestion

Typical Vata Mind:

- ✓ Quick + vivacious
- ✓ Imaginative + Creative
- ✓ Flexible + Open
- ✓ Energetic + Enthusiastic
- ✓ Quick to learn, quick to forget
- ✓ Prone to worry

Your primary dosha is Vata!

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

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Vata In Balance:

- ✓ Energetic
- ✓ Creative
- ✓ Adaptable
- ✓ Spontaneous

Vata Out of Balance:

- ✓ Overactive Mind
- ✓ Insomnia
- ✓ Anxiety
- ✓ Bloating
- ✓ Indecisive



Vata is comprised of the elements space + air. So it's the natural tendency for Vata to be flighty, both mentally and physically. Because of this, Vata can often become imbalanced with lack of routine, stability, or groundedness.

Reflection: Healthy relationships are key to feeling grounded and secure. Would you say that your relationships are deep and consistent? Or scattered and surface level? Who can you count on the most? Who is draining your energy?

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Foods for Balance:

- ✓ Sip on hot herbal tea throughout the day to maintain metabolic fire
- ✓ Keep snacks on hand, like nuts + fruit
- ✓ Eat warm, cooked meals, like soups and stir fries
- ✓ Try eliminating or minimizing caffeine intake

Movement for Balance:

- ✓ Hatha-style yoga with grounding postures, moderate holds, and steady breathing
- ✓ Walking barefoot at the beach or a park
- ✓ Get a massage or practice Abhyanga (self-massage) with warm sesame oil up to 5x/week

Other things to try:

- Listen to warm + grounding music before bed, like Tibetan bowls
- Enjoy aromatherapy of sweet, floral, and fruity scents
- Try to incorporate the tastes of sweet, sour, and salty for extra grounding and digestive support, minimizing astringent, pungent, and bitter foods