

Dosha Quickguide

	Qualities	Emotional Characteristics	Physical Characteristics	When in balance	When out of balance	Ways to balance
<h2>Vata</h2> <p><i>The Creative</i> Space + Air</p>	<ul style="list-style-type: none"> - Cold - Light - Dry - Irregular - Rough - Quick - Changeable 	<ul style="list-style-type: none"> - Spontaneous - Enthusiastic - Creative - Flexible - Energetic 	<ul style="list-style-type: none"> - Thin with a light frame - Excellent agility - Dry skin and hair - Cold hands and feet - Sensitive digestion 	<ul style="list-style-type: none"> - Energetic - Creative - Adaptable - Shows initiative - Strong communicator 	<ul style="list-style-type: none"> - Overactive mind - Anxiety - Overwhelm - Insomnia - Poor digestion - Constipation 	<ul style="list-style-type: none"> - Warm, cooked, moist foods - Damp and warm smells - Dress warm - Listen to mellow music - Green and yellow - Mantra meditation - Nadi Shodhana breathing - Restorative yoga
<h2>Pitta</h2> <p><i>The Leader</i> Fire + Water</p>	<ul style="list-style-type: none"> - Hot - Light - Intense - Frustrating - Pungent - Sharp - Acidic 	<ul style="list-style-type: none"> - Intellectual - Focused - Precise - Direct - Passionate 	<ul style="list-style-type: none"> - Medium size and weight - Strong digestion - Strong sex drive - Warm body temperature - Thin, balding, or red hair 	<ul style="list-style-type: none"> - Bright - Warm - Good decision maker - Leader - Friendly - Healthy digestion 	<ul style="list-style-type: none"> - Angry - Irritable - Judgmental - Skin rashes - Burning sensations - Indigestion 	<ul style="list-style-type: none"> - Cooler, raw foods and fresh greens - Cool and moist smells - Cool, breathable clothes - Listen to rhythmic music - Blue and green - Visualization meditation - Sitai breathing - Outdoor yoga
<h2>Kapha</h2> <p><i>The Nurturer</i> Water + Earth</p>	<ul style="list-style-type: none"> - Heavy - Slow - Steady - Solid - Cold - Soft - Oily 	<ul style="list-style-type: none"> - Calm - Thoughtful - Loving - Enjoys life - Comfortable with routine 	<ul style="list-style-type: none"> - Strong build and excellent stamina - Large eyes - Soft, radiant skin - Thick hair - Regular digestion 	<ul style="list-style-type: none"> - Steady - Loyal - Consistent - Strong - Supportive - Patient 	<ul style="list-style-type: none"> - Dull - Inert - Needy - Attached - Congested - Overweight - Over-protective - Complacent - Resistant to change 	<ul style="list-style-type: none"> - Light, fresh foods - Light and warm smells - Light, loose clothes - Listen to energizing music - Red and orange - Walking meditation - Bhastrika breathing - Hot yoga or vinyasa flow

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Xiaolong Qi



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