

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

Dosha Test By Chopra

Albert A Gayle



Dosha Test By Chopra:

Unveiling the Power of Verbal Art: An Emotional Sojourn through **Dosha Test By Chopra**

In a world inundated with displays and the cacophony of quick conversation, the profound power and psychological resonance of verbal art often fade into obscurity, eclipsed by the constant barrage of noise and distractions. However, set within the musical pages of **Dosha Test By Chopra**, a captivating work of fictional beauty that pulses with fresh emotions, lies an unforgettable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, that interesting opus instructions viewers on an emotional odyssey, gently exposing the latent potential and profound influence embedded within the elaborate web of language. Within the heart-wrenching expanse with this evocative evaluation, we will embark upon an introspective exploration of the book is main subjects, dissect their interesting publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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