



## Intro to Ayurveda

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### What is Ayurveda?

- “Ayur” -
- “Veda” -

Like increases like & opposites heal/balance

### Ayurvedic Definitions:

- **Dosha** -
  - > Vata
  - > Pitta
  - > Kapha
- **Prakriti** -
- **Vikriti** -

Vata	Kapha	Pitta
cold dry light subtle mobile sharp hard rough clear	cold wet heavy dense static/stable dull/slow soft smooth cloudy	hot damp light subtle flowing mobile sharp smooth soft clear



**What is Vata? - Made up of** \_\_\_\_\_ + \_\_\_\_\_

Vata energy \_\_\_\_\_

Notes:

**What is Kapha? - Made up of** \_\_\_\_\_ + \_\_\_\_\_

Kapha energy \_\_\_\_\_

Notes:

**What is Pitta? - Made up of** \_\_\_\_\_ + \_\_\_\_\_

Pitta energy \_\_\_\_\_

Notes:

**Dinacharya - Dailyness:**

6-10 AM & PM -

10-2 AM & PM -

2-6 AM & PM -

**Morning Routine:**

- Daily walk
- Tongue Scraping
- Dry Brushing or Abhyanga Oil Massage
- Pranayama
- Meditation

Notes:

**Afternoon Routine:**

- Make Lunch your heartiest + most filling meal
- Stay cool and calm + rest and digest
- Take a short power nap or a rest

Notes:

**Nighttime Routine:**

- Begin shutting down technology at least 1 hour before bedtime
- Brahmari Breath
- Moon Milk/Golden Milk Latte
- Gentle Yoga
- Meditation
- Go to bed by 10

Notes:



## **Yoga for the Doshas:**

### **Vata**

Shapes to Include:

Shapes to Consider Avoiding:

### **Pitta**

Shapes to Include:

Shapes to Consider Avoiding:

### **Kapha**

Shapes to Include:

Shapes to Consider Avoiding:



### **Nourishing Your Dosha:**

The Six Tastes:

1)

2)

3)

4)

5)

6)

We need to consume all of the tastes to maintain balance in our bodies. However, the amount of each taste will vary based on our individual constitutions and imbalances.

### **Food Combinations:**

Easy to Digest Combinations:

Incompatible Combinations:



**Self Reflection:**

My Dosha:  
Vikriti:

My Dailyness Routine:  
Morning:

Afternoon:

Evening:

Body Movement:

Dietary Needs:



## Resources

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**Dosha Quiz:**

<https://kripalu.org/content/whats-your-dosha>

**Imbalance Quiz:**

<https://mydailydosha.com/Quiz/Vikriti>

**Warm Milk Recipes:**

<https://40aprons.com/moon-milk>

<https://www.artofliving.org/us-en/the-ayurvedic-secret-to-an-everyday-glow-easy-nutritious-golden-milk>

**Food Suggestions:**

<http://www.ayurveda.com/pdf/food-guidelines.pdf>

**Abhyanga Oil Massage:**

<https://www.healthline.com/health/abhyanga-massage#technique>

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