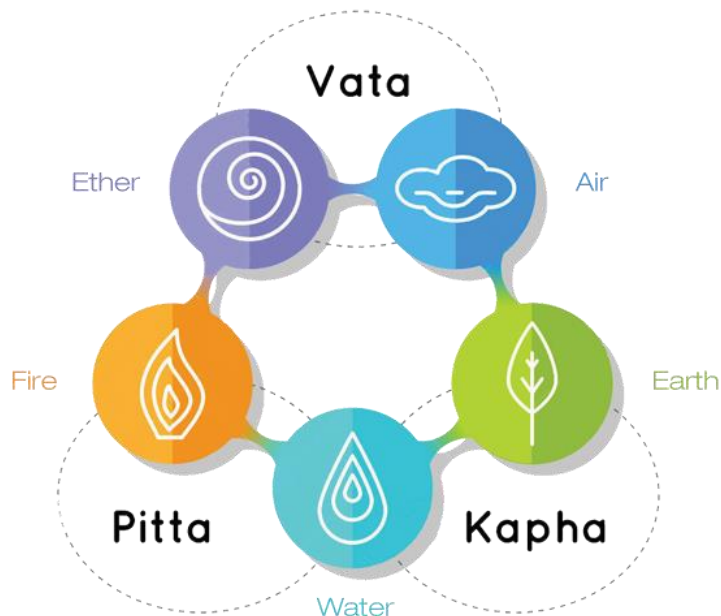


The three *Doshas* of *Ayurveda*

Every person is comprised of 3 energies (doshas) that govern the functions of the body. Each dosha maintains a set of certain qualities, both when in and out of balance. What's more, because each person is uniquely composed of these energies, Ayurveda stresses an individualized approach to health and wellness that starts with an understanding of your own doshas (while everyone has all three energies, one or two tend to dominate).



Vata – *the Energy of Movement*

This mind-body type is associated with air and space. Vata is light, cool, and dry in nature, and it governs all movement in the mind and body, including blood flow, elimination of wastes, breathing, and the movement of thoughts across the mind. Vata predominant individuals tend to be thin, talk and think quickly, and always seem to be doing a million things. When Vata is in balance, it's a great source of creativity and vitality. However, when out of balance, this dosha is the source of fear and anxiety.

Pitta – *the Energy of Transformation*

This dosha controls the metabolic functions in the body, including digestion, absorption of foods and nutrients, and body temperature. It also is the source of transformation for our mood and thoughts. Pitta types tend to have a medium build and excel in things with a competitive edge, from sports to politics. They also tend to be leaders, attracting people via their confidence and determination. When in balance, Pitta encourages achievement and intelligence. When Pitta is out of balance, individuals tend to 'burn out.'

Kapha – *the Energy of Fluidity & Structure*

This energy supplies moisture and nourishment to the entire body, including the skin and organs. Kapha individuals tend to be heavy and strong, both in mind and build. They tend to favor stability over change. This dosha is also associated with a forgiving, loving attitude and personality – these individuals are often the “glue” that holds things together. When out of balance, Kapha can propagate grogginess and lethargy. It can lead individuals toward insecurity and envy, while also preventing them from enacting change.

Take a moment to reflect on these qualities and how they relate to your own life and personality. By understanding the make-up of your energy, you should work to constantly maintain balance. Ask yourself what symptoms you tend to experience often, and ask us for a few suggestions that will help you support balance. From today's spa treatment, to yoga, to dietary changes you can learn from our Ayurvedic Health Coach; aligning yourself with your body type can open up the door to healthier, happier living!