

Key into the Doshas



VATA



PITTA



KAPHA

Element	Air & Ether	Fire & Water	Earth & Water
Qualities	Dry, light, cold, subtle, rough, mobile	Moist, light, hot, subtle, mobile,	Moist, heavy, cold, dense, smooth, static
Governs	Movement & information	Digestion & Transformation	Structure & Stability
Seasons	Alleviated: Spring Aggravated: Fall	Alleviated: Winter Aggravated: Summer	Alleviated: Summer Aggravated: Winter
Time of Day/Peak	2-6 am/pm Peak - 4:00	10-2 am/pm Peak - 12:00	6-10 am/pm Peak - 8:00
Work Style	Independent/ Creative	Leader/ Goal Oriented	Supporter/ Team Projects
Project Approach	Takes on many, finishes few	Focused, fast, sees it through	Committed, slow, sees it through
Signs of Imbalance	Gas, bloating, constipation, restlessness, anxiety	Heartburn, diarrhea, ulcers, too busy, anger	Weight gain, excess mucous, lethargic, melancholic
Quick Tips	Meditate, ground, find quiet time	Slow down, relax, smell the roses	Get out, play, shake things up