

## KAPHA-EARTH

### BALANCED QUALITIES

Steady and slow  
Sustainer: Consistent long term  
Loyal, kind, easy going (forever friend)  
Dependable, Supportive, helpful, giver  
Thinks of others (avoids hurting)  
Significant endurance (sex drive)  
Wavy, thick hair and moist skin  
Consistent digestion  
Strong physical health

### PHYSICAL IMBALANCE

Perceived inability to transition out of  
physical heaviness  
Low body awareness/sensation  
Congestion in Winter; swelling  
Gains weight easily  
Food/shopping addiction  
Collects stuff  
**\*Need to stimulate and heat\***

### MENTAL/EMOTIONAL IMBALANCE

Clingy/attachment to people/things  
Unable to receive; acts only as giver  
Giving obligates and victimizes  
Dependent on others for comfort  
Impulsive/compulsive behavior  
Lack of motivation and will (esp w/ self)  
Fears change and transition (grasping)  
'External' Will Chakra (friends)  
Unable to speak truth  
Difficulty w/ Divine Connection

## KAPHA BALANCING

### MENTAL/EMOTIONAL

Release dependencies, attachments,  
victimization on others (giving)  
Ignite willpower and consistent effort  
Find the value in change  
Shift fawn/freeze response  
Develop sense of self love and GIVING TO SELF  
Learn to receive and ask for help  
Find courage to speak truth  
Heart based devotional mantra

### PHYSICAL BALANCING

Energizing Breathwork  
Sun Salutations/Meditative flow  
Accountability partner (exercise, etc)  
Reduce sitting, TV, numbing with food-replace w/  
nourishing activity  
Less sleeping (wake before 6)  
Replace impulsiveness for pleasure w/ awareness:  
-eating w/ body awareness  
-self inquiry on relationships  
-wants vs. needs while shopping

## PITTA-FIRE

### BALANCED QUALITIES

Strong agile body  
Moderate endurance  
Intelligent, strategic, clear  
Leader and charismatic  
Strong willpower and follow through  
Results oriented

### PHYSICAL IMBALANCE

Overemphasis on strength/cardio  
Runs hot  
Oily hair skin  
Diarrhea, acid stomach  
Infection (sinus, lung, skin, gallbladder)  
Inflammation

### MENTAL/EMOTIONAL

Lacks stillness in mind and body  
Can't see self/others' worth beyond doing  
Quick to anger or frustration  
Tends to be controlling, judgmental, manipulative  
Results, perfectionism driven  
Ungrounded anger or resentment  
Lacks compassion for self/others  
Requires source connection in stillness

## PITTA- FIRE BALANCING

### *PHYSICAL/SPIRITUAL*

Slow, cooling Yoga (floor based)  
Cooling breath, grounding breath  
Wind down by 9 pm  
Honor others and what they bring  
Heart based mantra  
More being, less doing  
Stillness for spiritual balance  
meditation shift to higher conscious  
perspective

### *MENTAL/EMOTIONAL*

Neutral Mind to transcend duality of judgement  
Inherent value, "I am not my results"  
Others have value outside of doing too  
Trust and surrender-Let the Universe do  
Responsibility for everything  
Keep cool and grounded in Love  
Learning to love outside of doing  
Self-care and compassion

## VATA- AIR

### BALANCED QUALITIES

Creative  
Expressive  
Talkative  
Spontaneous/Playful  
Adventurous

### PHYSICAL IMBALANCE

Moves a lot; very busy  
Low endurance  
Shoulders hunch  
Hair, skin, heels are dry  
Gas, bloating, constipation  
Joint/back injury, elbows crack

### MENTAL/EMOTIONAL IMBALANCE

Self doubt  
Worries about everything  
Mind loops with worst fears  
Lacks grounding, security  
Trouble saving money  
Relationships cut-off; starts new  
Loses interest in things/people  
Busy, but doesn't accomplish much  
Trouble committing  
Unable to take transformative action

## VATA BALANCING

### ***MENTAL/EMOTIONAL***

Resist losing breath through throat  
Ground ideas and thoughts  
Be secure attachment for self  
Communicate needs for space in relationships, vs. ending them  
Work to be more persistent with follow through and productive action  
Commitment and accountability toward ideas and lofty thoughts  
Strengthening love and desire

### ***PHYSICAL/ENERGETIC***

Stillness, lay down at 4 pm  
Heavier, oily food (ground and hydrate)  
Grounding breath  
Sesame body oiling  
Body awareness: Chakra meditation  
Grounding Yoga  
Physical routine and rhythm of self care  
Build strength