

Your Dosha Cheat Sheet



ELEMENTS

earth & water

fire & water

space & air

FORCE

stability

transformation

movement

QUALITIES

heavy, dense,
wet, stable, cold

mobile, dry, hot,
smooth, sharp

light, soft, smooth,
dry, cold, mobile

SEASON

winter & spring

summer

autumn

BODY PART

upper body from
the chest up

middle body, between
the navel and the chest

lower body, from
the navel down

IMBALANCE SYMPTOMS

weight gain, water
retention, mucus,
swelling, numbness

heart burn, acidity,
indigestion and
inflammation.

gas, bloating,
constipation,
restless sleep

BEST FOODS

warm, light, & dry
foods; spicy, bitter
and pungent tastes

cool & refreshing
foods; bitter, sweet,
and astringent taste

warm & moist foods;
salty, sour and
sweet taste

BALANCERS

exercise, adventure,
excitement, keeping
warm & dry, sleep less

fresh air, cool weather
plenty of fluids,
patience, avoid heat

daily routine, avoid
cold and wind, keep
warm, rest & ground

BEST WAY TO MOVE

get sweaty through
power yoga, running
or sprints, spin class

leisure exercises,
such as thi-chi, yin
or hatha yoga

low to moderate
movement like dance
and Vinyasa yoga

BEST ASANAS

inversions, twists,
forwardbends

backbends and
forwardbends

backbends, twists
balancing poses

IDEAL JOB

counselor, charity

entrepreneur, leader

artist, a creative