

What is Ayurveda?

Ayurveda (A-yur-ve-da) is an ancient science, health and wellness tradition which has been practiced in India for over 5000 years. The word 'Ayurveda' is a Sanskrit term: Ayur (life) and Veda (knowledge) refers to as the science of life and longevity.

Though the majority of studies focus on Ayurveda and best foods for better digestion and gut health, it is equally important to know what exercises and movement styles are best for your Dosha type to keep your mind, body, energy in balance. Ayurveda is an informative, deep and sometimes complex system to understand but a valuable one which has worked for centuries and continues its journey in our modern and digital world. AyurvedaFIT can provide you with general information to help you understand and improve your own dosha and help your clients in the areas of nutrition, fitness and mind-body balance.

The foundation of Ayurveda is based on three main Doshas (mind-body types) which have a blend of emotional, physical, mental characteristics and qualities reflecting specific elements: **Vata** (*space & air*), **Pitta** (*fire & water*) and **Kapha** (*water & earth*). We may have one strong and dominant Dosha body type but it is also possible to have a dual body type, one mentally driven and the other physically driven or a combination of all three types.

**PLEASE COMPLETE QUIZ BELOW
PRINT AND BRING WITH YOU BEFORE SESSION STARTS!**

WHAT IS YOUR DOSHA (BODY TYPE)?

Discover your Dosha (body type) is by taking this mini quiz to see if you have a strong primary, duo or trio mind-body Dosha type. Rank each characteristic with either **3 = Mostly**, **2 = Sometimes**, **1 = Rarely**.

For each row, use each number only once which total 6 across. After you total the three columns at the bottom, they should total up to 60.

CHARACTERISTICS	VATA	PITTA	KAPHA
Body Frame	<input type="radio"/> Thin, slender with prominent joints and thin muscles	<input type="radio"/> Medium, symmetrical build with good muscle development	<input type="radio"/> Large, round or stocky build. My frame is broad, stout or thick.
Weight	<input type="radio"/> LOW; Forget to eat or have a tendency to lose weight	<input type="radio"/> MODERATE; easy to gain or lose weight if I put my mind to it.	<input type="radio"/> HEAVY; gain weight easily and have difficulty losing it.
Eyes	<input type="radio"/> Small & active	<input type="radio"/> Penetrating gaze	<input type="radio"/> Large & pleasant
Complexion (skin)	<input type="radio"/> Dry, rough & thin	<input type="radio"/> Warm, reddish & prone to irritation	<input type="radio"/> Thick, moist & smooth
Hair	<input type="radio"/> Dry, brittle & frizzy	<input type="radio"/> Fine, early thinning or graying.	<input type="radio"/> Abundant, thick and oily hair
Joint	<input type="radio"/> Thin, prominent and tend to crack.	<input type="radio"/> Loose and flexible	<input type="radio"/> Large, well knit and padded
Sleep Pattern	<input type="radio"/> Light sleeper with a tendency to awaken easily. I like to change.	<input type="radio"/> Moderate sound sleeper, usually need less than eight hours to feel rested.	<input type="radio"/> Deep & long Tend to awaken slowly in the morning.
Body Temperature	<input type="radio"/> Hands and feet are usually cold and I prefer warm environments.	<input type="radio"/> Usually warm, regardless of the season, and prefer cooler environments.	<input type="radio"/> Adaptable to most temperatures but do not like cold, wet days.
Temperament	<input type="radio"/> Lively and enthusiastic by nature.	<input type="radio"/> Purposeful and intense. I like to convince.	<input type="radio"/> Easy going and accepting. I like to support.
Under Stress	<input type="radio"/> Become anxious and/or worried.	<input type="radio"/> Become irritable and/or aggressive.	<input type="radio"/> Become withdrawn and/or reclusive.
TOTALS	_____ VATA	_____ PITTA	_____ KAPHA