

How Can Ayurveda Benefit Me?

- To bring us back into balance is to find health and happiness. Doshic balance can be maintained through our daily routines and rituals. Ayurveda can be used in conjunction with western medicine for anyone who is interested in finding balance using natural remedies, honoring our original one-of-a-kind nature.

Ayurvedic Considerations

THE DOSHA	QUALITY	ELEMENTS
VATA	LIGHT, DRY & COOL	AIR & SPACE
PITTA	HOT, MOIST & LIGHT	FIRE & WATER
KAPHA	HEAVY, COLD & MOIST	WATER & EARTH

- Time of Day:
 - Kapha 1: 6:00am-10:00am
 - Pitta 1: 10:00am-2:00pm
 - Vata 1: 2:00pm-6:00pm
 - Kapha 2: 6:00pm-10:00pm
 - Pitta 2: 10:00pm-2:00am
 - Vata 2: 2:00am-6:00am
- Season
 - Vata: autumn/early winter
 - Pitta: summer
 - Kapha: winter/early spring
- Stage of Life
 - Kapha: birth-puberty
 - Pitta: puberty-menopause/mature adult
 - Vata: menopause/mature adult-death