

THE BEST EXERCISES FOR VATA DOSHA!



01. *Yoga, pilates*

02. *Walking*

03. *Dancing*

04. *Weights/strength training*

Anything too Cardio intensive

*Low-impact
activities!*

Avoid



THE BEST EXERCISES FOR KAPHA DOSHA!



01. *Jogging/Running*

02. *Body-building*

03. *Aerobics*

04. *Cycling*

*Intense,
regular
exercise!*

Avoid



Very slow pace, mildly strenuous routines

THE BEST EXERCISES FOR PITTA DOSHA!

01. *Yoga*

02. *Running*

03. *Team games*

04. *Swimming*

*Competitive
or team
sports!*

Avoid

Avoid exercise in the sun