



Dr. K's Guide to Mental Health

Meditation | Panchakosha Theory | Worksheet

Exercise: Exploring your 5 layers of being

Panchakosha	What is one thing you want to implement to nurture this layer?
Annamaya Kosha Physical	
Pranamaya Kosha Energetic	
Manomaya Kosha Emotional	
Vijnanamaya Kosha Intellectual	
Anandamaya Kosha Soul / Spiritual	