



THE AYURVEDIC YOU

Discover your true self through the lens of Ayurveda in this enlightening workshop. Learn how to transform unhealthy patterns into daily habits that make you feel connected, joyful, and good in your own skin.

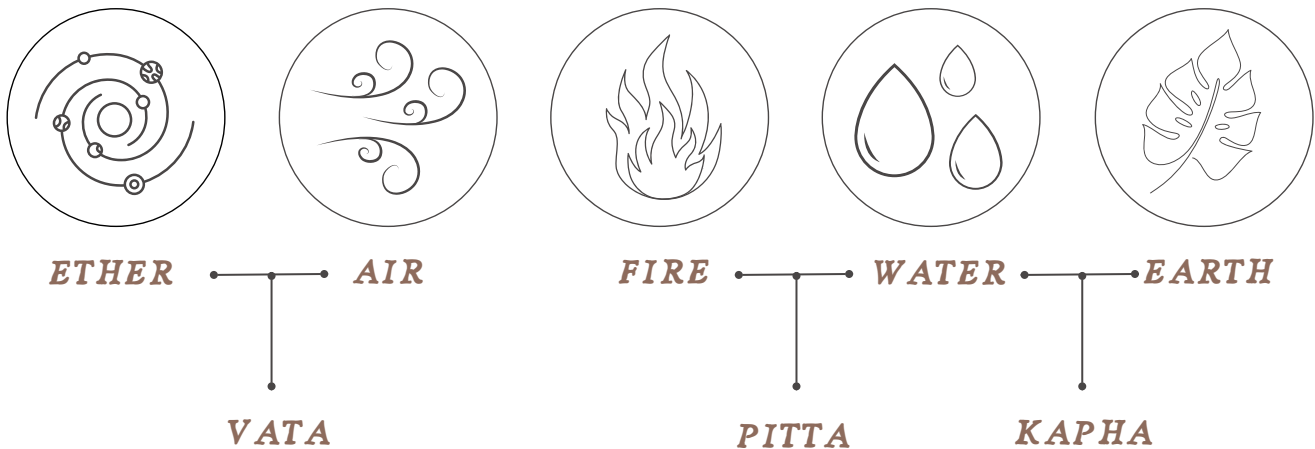
WHAT IS AYURVEDA?

Ayurveda is one of the world's oldest holistic medical systems and has been used for thousands of years to cleanse and restore balance to the body and mind. Ayurveda teaches us how to live in alignment with nature's changing cycles and seasons, how to identify the root cause of health problems shows us the ideal path to treat them, and how to care for ourselves so we can maintain vibrance, balance, and immunity.

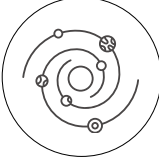




In Ayurveda, the human body is recognized as comprising five natural elements known as the Pancha Mahabhutas: space, air, fire, water, and earth. These elements combine to form three primary doshas—Vata (space and air), Pitta (fire and water), and Kapha (water and earth).

Although everyone possesses all three doshas and embodies qualities of the five elements, each individual has a distinctive dosha composition with specific elements more prominent than others. This personalized dosha blend serves as a unique blueprint for physical and emotional well-being, guiding tailored practices and lifestyle choices to maintain balance and harmony.

THE 5 PANCHA MAHABHUTAS



THE 5 PANCHA MAHABHUTAS

<p>AKASH</p> 	<p>ETHER is the space that exists between all things. It is represented by the empty spaces that exist in the body (i.e., between our organs, tissues, and bones). Ether nurtures the space in the mind. When it is present we feel mental spaciousness, when it isn't we feel disconnected.</p>
<p>VAYU</p> 	<p>AIR is the principle of movement and change. It is what sets everything in motion. It governs the breath, nerve impulses, and the movement of our limbs. In the mind, Air represents the movement of thoughts and our ability to communicate. Too much Air in the mind can leave us feeling erratic, anxious, and absent-minded.</p>
<p>TEJAS</p> 	<p>FIRE is the principle of light, heat, and transformation. It burns away the old to make way for the new. It represents our metabolism and ability to digest the food we consume and also our thoughts and experiences. In the mind, Fire governs how we express our personal power and represents discipline, effort, and willpower.</p>
<p>APAS</p> 	<p>WATER is responsible for lubrication, and nourishment. It represents fluidity, creativity and sexual energy. It is represented by our bodily fluids (blood, lymph, saliva). In the mind, Water represents our passion and emotions, and our ability to flow through emotional ups and downs with grace.</p>
<p>PRITHVI</p> 	<p>EARTH is the principle of solidity and the stability of matter. It provides the foundation that allows for the growth and development of tissues and is represented in the density and stability of our bones and teeth. It represents mental and emotional stability but can sometimes manifest as lethargy in the mind, envy and possessiveness.</p>

WHICH ELEMENT(S) ARE YOU?

ETHER (AKASH)

- Are you naturally imaginative and able to see the bigger picture?
- How do you feel when given the opportunity to daydream or engage in creative pursuits like art, music, or storytelling?
- Do you find solace in decluttering and organizing your physical space?

AIR (VAYU)

- Do you enjoy socializing and meeting new people?
- When solving a problem are you innovative and quick-thinking?
- Do you feel refreshed and inspired by spending time in open, airy spaces or engaging in activities like yoga, meditation, or creative writing?

FIRE (TEJAS)

- Are you driven by passion and ambition, often seeking challenges and opportunities for growth?
- In social settings are you confident, outgoing and charismatic?
- Do you feel invigorated by high-energy activities like dancing, intense workouts, or engaging in lively debates?

WATER (APAS)

- Are you adaptable to change and able to go with the flow in most situations?
- When you respond to emotional situations are you sensitive and empathetic?
- Do you enjoy activities involving water, such as swimming, taking baths, or simply listening to the sound of rain?

EARTH (PRITHVI)

- Are you comfortable with routine and structure?
- How do you feel when surrounded by nature, such as walking in a forest or gardening in your backyard?
- Do you find yourself drawn to grounding activities like cooking, crafting, or spending time with loved ones?

YOUR PRAKRUTI DOSHA

Prakruti in Ayurveda represents an individual's natural tendencies and innate state, determined by the balance of Vata, Pitta, and Kapha doshas from birth. It serves as a personalized blueprint, guiding lifestyle and self-care choices for optimal well-being based on dominant doshas. By identifying the dominant doshas within your prakruti, you can tailor your lifestyle, diet, and self-care practices to achieve a state of balance and harmony.

PRAKRUTI SELF-ASSESSMENT

VATA	PITTA	KAPHA
<input type="checkbox"/> Naturally thin and frail	<input type="checkbox"/> Naturally fit + in shape	<input type="checkbox"/> Bigger boned
<input type="checkbox"/> Very short or very tall	<input type="checkbox"/> Medium build, strong	<input type="checkbox"/> radiant complexion
<input type="checkbox"/> Small-boned, frail joints	<input type="checkbox"/> Freckles or ruddy complexion	<input type="checkbox"/> wide-set eyes
<input type="checkbox"/> Tends to bloating + gas	<input type="checkbox"/> Tends to redness + inflammation	<input type="checkbox"/> tends to put on weight
<input type="checkbox"/> Delicate features	<input type="checkbox"/> Piercing eyes + reddish skin	<input type="checkbox"/> thick, dark, wavy hair
<input type="checkbox"/> Expressive with body	<input type="checkbox"/> Focused + motivated	<input type="checkbox"/> Naturally curvy body
<input type="checkbox"/> Spiritual in nature	<input type="checkbox"/> Has leadership qualities	<input type="checkbox"/> Dependable + supportive
<input type="checkbox"/> Often absent-minded	<input type="checkbox"/> Prolonged energy + drive	<input type="checkbox"/> Supportive + compassionate
<input type="checkbox"/> Creative and inventive	<input type="checkbox"/> Humorous + witty	<input type="checkbox"/> Stable and grounded
<input type="checkbox"/> Can be anxious + flighty	<input type="checkbox"/> Processes emotions quickly	<input type="checkbox"/> Loving + affectionate
<input type="checkbox"/> Empathetic	<input type="checkbox"/> Perfectionist tendencies	<input type="checkbox"/> Warm personality
<input type="checkbox"/> Good conversationalist	<input type="checkbox"/> Can be abrupt + confident	<input type="checkbox"/> Very touchy-feely
<input type="checkbox"/> Enthusiastic + energetic	<input type="checkbox"/> Gets irritated easily	<input type="checkbox"/> Can get lazy + lethargic
<input type="checkbox"/> Open to new experiences	<input type="checkbox"/> Can get envious + jealous	<input type="checkbox"/> Can be possessive
<input type="checkbox"/> Can be easily distracted	<input type="checkbox"/> Fiery personality	<input type="checkbox"/> Moves + talks slowly

TOTAL:

TOTAL:

TOTAL:

Note that in a complete Prakruti Dosha assessment, you would be assessed on many more aspects of your physical, emotional and mental body in order to create a personalized plan that includes specific diet, movement, herbal supplementation and other lifestyle recommendations in order to support your long-term health goals.

YOUR VIKRUTI DOSHA

In Ayurveda, Vikruti is the present state of an individual's well-being, based on the imbalances in Vata, Pitta, and Kapha doshas. It serves as a compass for adapting lifestyle and self-care routines to address current deviations from one's natural state. By recognizing the dominant doshas in your vikruti, you can tailor your approach to restore equilibrium, promoting overall health and vitality.

VIKRUTI SELF-ASSESSMENT

<i>VATA</i>	<i>PITTA</i>	<i>KAPHA</i>
<input type="checkbox"/> Stiff joints, brittle bones	<input type="checkbox"/> Naturally fit + in shape	<input type="checkbox"/> Holding extra weight
<input type="checkbox"/> Inflammation in joints	<input type="checkbox"/> Rashes, acne, redness	<input type="checkbox"/> Heaviness after eating
<input type="checkbox"/> Constipation	<input type="checkbox"/> Acid reflux + nausea	<input type="checkbox"/> Slow digestion
<input type="checkbox"/> Dry skin, brittle hair	<input type="checkbox"/> Heartburn after eating	<input type="checkbox"/> Mucous + congestion
<input type="checkbox"/> Bloating + gas after eating	<input type="checkbox"/> IBS + Diarrhea	<input type="checkbox"/> Sinus infections, colds
<input type="checkbox"/> Nervous system issues	<input type="checkbox"/> Overly competitive	<input type="checkbox"/> Greasy, sticky stool
<input type="checkbox"/> Poor circulation	<input type="checkbox"/> Excessive sweating	<input type="checkbox"/> Seasonal allergies
<input type="checkbox"/> Insomnia + restlessness	<input type="checkbox"/> Increase heat in the body	<input type="checkbox"/> Excess fluids + edema
<input type="checkbox"/> Fidgeting + twitching	<input type="checkbox"/> Overheated + sensitive to sun	<input type="checkbox"/> Sentimental or complacent
<input type="checkbox"/> Trouble making decisions	<input type="checkbox"/> Excessively judgmental	<input type="checkbox"/> Lack of motivation
<input type="checkbox"/> Anxious + worried + fearful	<input type="checkbox"/> Angry + envious + jealous	<input type="checkbox"/> Sluggish throughout day
<input type="checkbox"/> Overly sensitive	<input type="checkbox"/> Controlling + manipulative	<input type="checkbox"/> Stubbornness
<input type="checkbox"/> Unfocused + overwhelmed	<input type="checkbox"/> Burnt out + overwhelmed	<input type="checkbox"/> Greedy + possessive
<input type="checkbox"/> Lacking routine	<input type="checkbox"/> Resentful + blaming	<input type="checkbox"/> Feel 'heavy' in the mind
<input type="checkbox"/> Brain fog + confusion	<input type="checkbox"/> Short-tempered	<input type="checkbox"/> Depression + apathy

TOTAL:

TOTAL:

TOTAL:

Note that in a complete Vikruti Dosha assessment, you would be assessed on many more aspects of your physical, emotional and mental body in order to create a personalized plan that includes specific diet, movement, herbal supplementation and other lifestyle recommendations in order to support your long-term health goals.

CHILDHOOD & YOUR DOSHA

Childhood experiences can trigger imbalances in Vata, Pitta, or Kapha, shaping dominant dosha tendencies, affecting emotional responses and overall health. Stopping these habits isn't easy. Adopting new habits, breaking old ones, and navigating childhood traumas can impact doshas, influencing emotional and mental well-being.

This childhood events assessment identifies key coping mechanisms that you adopted during childhood and adolescence that evolved into your present day unhealthy habits. While completing the assessment, focus on day-to-day experiences as a child/adolescent, highlighting repeated stressors while navigating life with parents, caregivers, and peers.

CHILDHOOD EXPERIENCES ASSESSMENT

What was your parent's relationship like with one other? With themselves?	What was your relationship like with each of your parents?	What were your parent's ideas on success their expectations of it?
<p>Did they communicate or fight with one other?</p> <p>How did they show love for each other (quality time, affection, gifts, words)?</p> <p>How did your parents cope with stress? How did they help you cope with their stress?</p>	<p>Were your parents emotionally present for you? How did they show you love?</p> <p>Did you feel safe to go to them with problems, emotional issues, secrets?</p> <p>How did your parents make you feel better (listening, shopping, food, affection)?</p>	<p>Did your parents often express disappointment with your behaviour or achievements?</p> <p>Were your parents supportive and encouraging?</p> <p>What was their most common complaint toward you? How did you cope with their judgments and criticism?</p>
How would you describe yourself as a child or adolescent?	What were your default actions, reactions, and behaviours in youth?	How was your relationship with your friends and peers in youth?
<p>Did you get along with other children at school? Did you make friends easily?</p> <p>Did you seek approval from other kids or adults?</p> <p>Were you made fun of or bullied? Did you bully other children?</p>	<p>How did you react internally to negative events (self-hatred, sadness, anxiety, worry, anger)?</p> <p>How did you react externally to negative events (fighting, trying to fit in, avoiding)?</p> <p>Were there specific triggers or circumstances that influenced your reactions in youth?</p>	<p>What was lacking in your relationships that might have brought you physical or emotional well-being?</p> <p>How did you handle conflicts or disagreements with friends?</p> <p>Were there negative experiences that had a lasting impact on your personal growth?</p>

COPING MECHANISMS & YOUR DOSHA

The coping mechanisms developed in childhood persist into adulthood, influencing how we navigate life's challenges. While addressing childhood trauma is easier in well-being, prolonged stress triggers a return to old coping patterns, leading to recurring imbalances. It's crucial to understand and address these patterns, gaining insights for heightened awareness and healthier coping strategies. Reflect on your habitual coping mechanisms; they can contribute to increased imbalances in the body and mind.

COPING MECHANISMS SELF-ASSESSMENT

<i>VATA</i>	<i>PITTA</i>	<i>KAPHA</i>
<input type="checkbox"/> Talking too much	<input type="checkbox"/> Irritated + frustrated	<input type="checkbox"/> Over-eating + binging
<input type="checkbox"/> Not listening attentively	<input type="checkbox"/> Craving spicy, salty foods	<input type="checkbox"/> Claiming to be sick
<input type="checkbox"/> Sabotaging plans	<input type="checkbox"/> Need for control	<input type="checkbox"/> Numbs with substances
<input type="checkbox"/> Craving bitter, crunchy foods	<input type="checkbox"/> Judging others	<input type="checkbox"/> Feeling dread + doom
<input type="checkbox"/> Wasting time	<input type="checkbox"/> Judging oneself	<input type="checkbox"/> Craving fatty, sugary foods
<input type="checkbox"/> Wandering mind	<input type="checkbox"/> Manipulating	<input type="checkbox"/> Withdrawn
<input type="checkbox"/> Restless sleep	<input type="checkbox"/> Negative body language	<input type="checkbox"/> Overly possessive
<input type="checkbox"/> Lying or exaggerating	<input type="checkbox"/> Passive-aggressive	<input type="checkbox"/> Avoiding eye contact
<input type="checkbox"/> Over-spending	<input type="checkbox"/> Gossiping about others	<input type="checkbox"/> Depression
<input type="checkbox"/> Doing too much at once	<input type="checkbox"/> Unable to control emotions	<input type="checkbox"/> Lack of communication
<input type="checkbox"/> Lack of empathy	<input type="checkbox"/> Seeking approval	<input type="checkbox"/> Self-blaming
<input type="checkbox"/> Anxious energy	<input type="checkbox"/> Refusing help from others	<input type="checkbox"/> Overly affectionate
<input type="checkbox"/> Self-sabotaging	<input type="checkbox"/> Getting irritated easily	<input type="checkbox"/> Lazy + lacking energy
<input type="checkbox"/> Worried about image	<input type="checkbox"/> Destroying property	<input type="checkbox"/> Denial
<input type="checkbox"/> Unfocused + hyperactive	<input type="checkbox"/> Fiesty, arrogant, critical	<input type="checkbox"/> Shutting people out

TOTAL:

TOTAL:

TOTAL:

NOTES:

NOTES:

NOTES:



HELLO, IT'S LISA!

I'm so thrilled that you joined the "**The Ayurvedic You**" workshop. I hope the exploration of the elements, doshas, childhood triggers, and habits has left you feeling more connected, empowered and inspired to dive deeper into the world of Ayurveda.

In this workshop, we have only scratched the surface. There is so much more that Ayurveda has to offer. Have you been inspired to learn more about how you can take better care of yourself on a physical and emotional level through the lens of Ayurveda? Let's work together to create a customized program tailored to your specific needs and personal health goals.

In a **one-on-one consultation**, we'll go beyond the basics, exploring your health history and in-depth assessments so we can uncover your unique mind-body-spirit constitution. I'll design a personalized diet and lifestyle plan that may include yoga, breath work, meditation, cleansing, daily routine suggestions, and more, ensuring it aligns seamlessly with your well-being goals.

Are you ready to start a transformative journey that will give you a newfound sense of clarity and empowerment? Work with me and gain clarity, empowerment, and alignment so you can become the best version of yourself!

IN WELLNESS, *Lisa*