



Love it Yoga Coaching/ Breathe with Beth

E-RYT282 Self-Love Tantric Hatha Yoga Teacher & Intuitive Holistic Coach

Facebook: <https://www.facebook.com/breathewithbethyogaandmeditation>

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Youtube: Breathe with Beth Yoga & Meditation Vstudio: <https://vstudio.live/instructors/loveityoga>

Whatsapp ONLY: +1.929.249.0117

Questions about this form?

<https://calendly.com/breathewithbeth/how-coaching-restore-and-love-yourself-works>

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Restore & Love Yourself with

Beth

Facebook Group: \$333/year -

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Name:

| Trait | Vata (Air) | Vata | Pitta (Fire) | Pitta | Kapha (Water) | Kapha |
|--------------|--------------------------------------|------|--|-------|--|-------|
| Height | tall and thin or very short and thin | | medium | | short and large, or very tall and very large | |
| Frame | thin, bony, good muscles | | moderate, developed muscles | | large, well formed | |
| Weight | low, hard to hold weight | | moderate | | heavy, hard to lose weight | |
| Skin Luster | dull or dusky (matte or no shine) | | ruddy (rose), lustrous (has a shine) | | white or pale | |
| Skin Texture | dry, rough, thin | | warm, oily | | cold, damp, thick | |
| Eyes | small, nervous | | piercing, easily inflamed | | large, white | |
| Hair | dry, thin | | thin/medium thickness, oily | | thick, oily, wavy, lustrous | |
| [1] | | | | | | |
| Teeth | crooked, poorly formed | | moderate shape, bleeding gums | | large, well-formed, even, never needed much dental work or braces | |
| Nails | rough, brittle, dry, crack | | soft, pink | | soft or hard, white | |
| Joints | stiff, crack easily | | loose | | firm, large | |
| Circulation | poor, variable | | good | | moderate | |
| Appetite | variable, nervous | | high, excessive | | moderate but constant | |
| Thirst | low, scanty (insufficient) | | high | | moderate | |
| Sweating | scanty (not a lot) | | profuse but not enduring (sweat a lot but only when exerting yourself) | | low to start but profuse (you are often sweating, even during no exertion) | |
| Stool | hard or dry | | soft, loose | | normal | |

| | | | |
|-------------------|--------------------------|-----------------------------|------------------------|
| Urination | scanty (very infrequent) | profuse, yellow | moderate, clear |
| Sensitivities | cold, dryness, wind | heat, sunlight, fire | cold, damp |
| Immune Function | low, variable | moderate, sensitive to heat | high |
| Disease Tendency | pain, inflammation | fever, edema (swelling) | congestion |
| Disease Type | nervous system | blood, liver | mucous, lungs |
| Activity | high, restless | moderate | low, moves slowly |
| Endurance | poor, easily exhausted | moderate but focused | high |
| Sleep | poor, disturbed | variable | excess |
| Dreams | frequent, colorful | moderate, romantic | infrequent, disturbed |
| Memory | quick, but absent-minded | sharp, clear | slow but steady |
| Speech | fast, frequent | sharp, cutting | slow, melodious |
| Temperment | nervous, changeable | motivated | content, conservative |
| Positive Emotions | adaptability | courage | love |
| Negative Emotions | fear | anger | attachment |
| Faith | variable, erratic | strong, determined | steady, slow to change |
| Total: | Vata | 0 Pitta | 0 Kapha 0 |