



Exploring Ayurveda: Balancing Your Body with Tridosha

Presented by Ada Wong,
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Ayurveda

Ayu: Life

Veda: Knowledge/ Consciousness

Sanskrit Root “Vid” = “To know”

Ayurveda:

The Knowledge of Life; The Science of Life



Three Fundamental Energies

“Tridosha”

Space + Air



Fire + Water



Water + Earth





Tridosha

The three fundamental energies exist everywhere and in every body.
They govern the physical and mental functioning of our bodies.



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Vata

Space + Air



Responsible for: Respiratory system, excretory system, nervous system, movement and reaction, cognitive function

Features of vata body type:

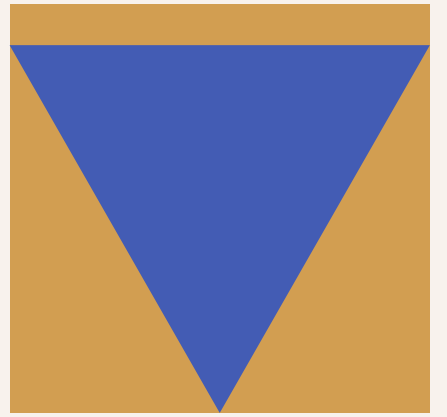
- slim, visible bony parts, not easy to gain weight
- likes to move and change, difficult to sit still
- thinks, moves, talks, learns fast
- creative, adaptive, clear & alert mind





Kapha

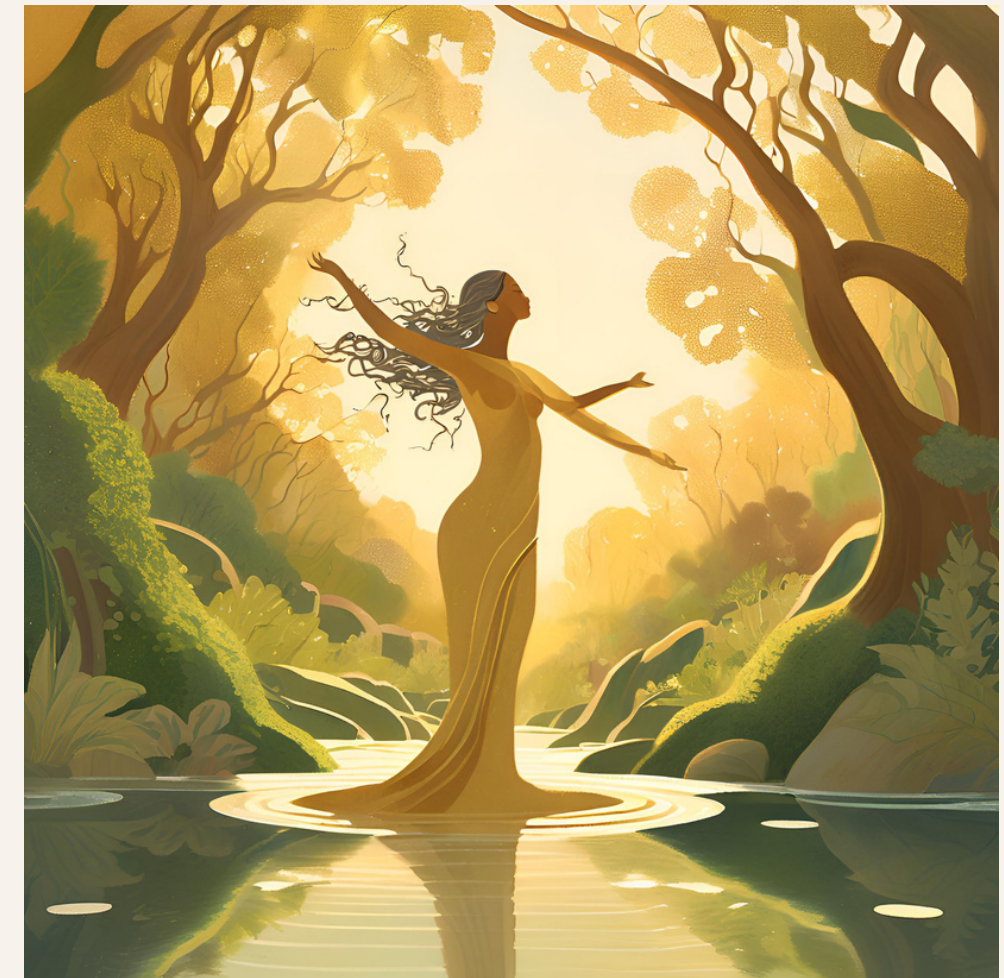
Water + Earth



Responsible for: storage, immune system, reproductive system, lubrication, moisture, memory

Features of kapha body type:

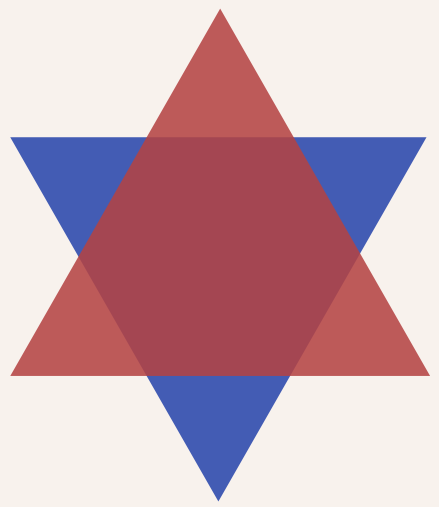
- well-built, not easy to lose weight
- prefer stillness than movements
- talk, move, eat slowly
- compassionate, patient, good long-term memory, stamina





Pitta

Fire + Water



Responsible for: transformation, digestion, metabolism, vision

Features of pitta body type:

- warm, easy to sweat, prefer cool seasons than warm ones
- strong digestion and metabolism
- competitive, motivated, strong will
- decisive action-taker



Vata

Space + Air



When imbalanced:

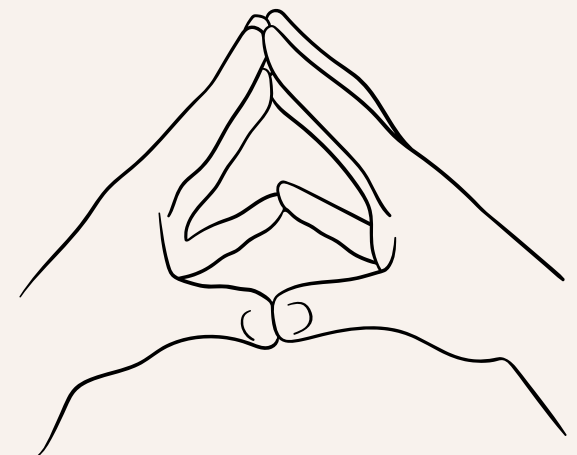
Physical: constipation, insomnia, losing weight, circulation problems

Emotional: anxiety, insecurity, fear, restless, feeling lost

To balance:

- Slow steady movements (repetition & structure)
- Exercising pelvic region to ground
- Breath slowly

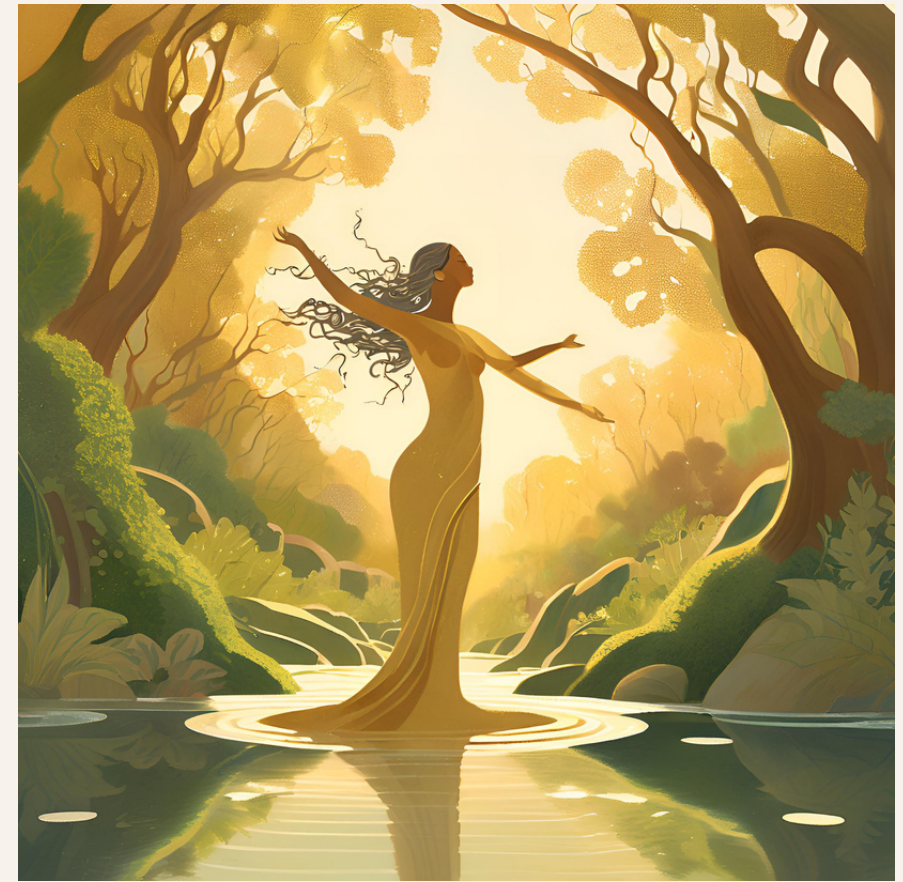
Hakini Mudra





Kapha

Water + Earth



When imbalanced:

Physical: overweight, difficulty waking up, water retention, food cravings

Emotional: greed, attachment cravings, low motivation, lethargy, sadness

To balance:

- Dynamic, uplifting movements
- Exercising chest area
- Building up heat



Pitta

Fire + Water



When imbalanced:

Physical: overheated, inflammation, excessive stomach acid, acnes & rashes, interrupted sleep

Emotional: controlling, fear of failure, perfectionist, judging, angry, jealous

To balance:

- Gentle stretches and relaxation
- Stretching & exercising solar plexus area
- Cooling, belly breathing



Thank you!

For more information, follow us on:



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