



Kapha dosha during times of stagnation

Kapha governs all bodily functions concerning structure, stability, and lubrication. Kapha's basic theme is steadiness. Kapha dosha can become imbalanced during times of stagnation, inertia and accumulation.

Qualities of Kapha

Heavy | Slow | Cold | Oily | Smooth | Dense | Stable | Soft

Practices to balance Kapha dosha

To balance Kapha dosha, bring in opposite dosha qualities such as light, warm, dry, rough, mobile, and stimulating.

- **Follow an invigorating routine:** Rise early (before 6am); incorporate movement throughout your day; avoid napping
- **Meditate daily** with focus on stimulating breathwork techniques
- **Do energizing breathwork** every morning to awaken body and mind
- **Drink warm beverages with spices** and eat light, warm foods with stimulating spices like ginger, black pepper, and cayenne
- **Create bright, stimulating environments** with warm colors like red, orange, and yellow
- **Favor uplifting music** with strong rhythms and energetic tempos
- **Favor aromas that are warming and stimulating** such as eucalyptus, camphor, rosemary, juniper, and cedar
- **Seek varied experiences** and regularly change your environment to avoid stagnation
- **Do dynamic yoga with plenty of movement** including sun salutations, standing poses, and inversions; focus on building heat and creating space in the body
- **Challenge yourself intellectually** with new skills, knowledge, and creative pursuits
- **Practice letting go** of possessions, relationships, and habits that no longer serve you

