



Vata dosha during times of change

Vata governs all bodily functions concerning movement and activities of the nervous system. Vata's basic theme is changeability. Vata dosha can become imbalanced during times of change.

Qualities of Vata

Cold | Dry | Light | Mobile | Rough | Irregular

Practices to balance Vata dosha

To balance Vata dosha, bring in the opposite qualities of warm, moist/oily, slow, smooth, and regularity.

- **Follow a consistent routine:** Go to bed and wake up at the same time each day; eat meals at regular times
- **Meditate daily**
- **Do calming breathwork** every morning and evening
- **Drink warm liquids and eat warm, cooked foods** with healthy oils
- **Perform a daily oil massage** using warm oils, such as sesame oil
- **Be warm and cozy;** surround yourself with soft, smooth materials
- **Favor soothing music and sounds of nature**
- **Favor aromas that are sweet, heavy, and warm** such as lavender, sage, vanilla, cinnamon, citrus, cloves.
- **Walk on the Earth to ground;** spend time in nature
- **Limit excessive activities;** slow down
- **Receive loving touch through hugs** or treat yourself to a massage
- **Do breathing and light journaling before bed** to release the stress of the day
- **Do restorative yoga with a focus on holding poses** and an emphasis on grounding asanas, such as Warrior poses (focus on the connection of your feet to the ground), Tree pose, Child's pose, Chair pose; limit flow sequences

