

Dosha quiz pdf

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
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They are Vata, Pitta, Modern Day Dosha Quiz. Please check all that apply to you. (It is a good idea to take this twice.) Click. D Y C P. DETERMINING YOUR CONSTITUTION. Have someone who knows you well help you answer the questions and notice if your answers differ! This quiz will help you identify your Ayurvedic constitution. Once determined, you can use this information to make lifestyle choices that help you to be balanced and healthy. Please check all that apply to you The following quiz can help you assess your dosha type. At the end, add (PRAKRITI). and simply check or tally up which statements from each section apply The following quiz can help you assess your dosha type. This quiz is designed to help you get to know yourself. here to print your Dosha Assessment or you can follow along on the screen below. For each statement listed be-neath Vata, Pitta and Kapha, circle the number that most closely indicates how – Dosha Self-Quiz – Vata (Air Type) Pitta (Fire Type) Kapha (Earth Type) Body Frame long and lean moderate substantial Body Weight tends to be underweight tends to be moderate tends to be overweight Skin dry, rough, cold, thin soft, warm, fair, moles and freckles, flushes easily oily, thick, cool, pale hair This quiz will help you identify your ayurvedic constitution. This quiz will help you identify your ayurvedic constitution. Once it's determined, you can use this information to make lifestyle choices that help you to be balanced and healthy This free dosha quiz will help you determine your ayurvedic body type, whether Vata, Pitta or Kapha. here to print your Dosha Assessment or you can follow along on the printing out the questionnaire and circling the answers with a pen. (It is a good idea to take this twice.) Click. Below is a list of physical and mental attributes of each dosha. Below is a list of physical and mental attributes of each dosha. Be honest, have fun. Ayurveda recognizes three body types, called doshas. Once it's determined, you can use this information to make lifestyle choices that help you to be balanced and healthy.

 Difficulté Facile

 Durée 81 heure(s)

 Catégories Alimentation & Agriculture, Jeux & Loisirs, Science & Biologie

 Coût 333 USD (\$)

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Matériaux

Outils

Étape 1 -
