

## Meditation & Ayurveda

My Original Elemental Composition (Prakruti) is ::

My Current State of Imbalance (Vikrtui) is::

I need to practice a meditation that is;

- A. Balancing for Vata Dosha, grounding, concentrating on a one pointed focus, walking meditation
- B. Balancing for Pitta Dosha - a calming meditation with internal focus
- C. Balancing for Kapha Dosha - a generally active meditation, music, mantra, etc

What meditation practice did you decide would be the most beneficial to you (according to Ayurveda)? Describe the meditation practice here:

What is the general focus and / or purpose of this type of meditation? What qualities do you hope to balance with this particular practice?

