

## My Ayurvedic Asana Practice

My Original Elemental Composition (Prakruti) is ::

My Current State of Imbalance (Vikrtui) is::

According to Ayurveda I need more::

- a. Air & Space :: Qualities of Light, Movement
- b. Fire:: Warmth, Focus
- c. Water & Earth :: Grounded, Slow, Steady

Describe the qualities that you would like to incorporate into your asana practice?

What are the best Asana's to practice & where is your focus according to your current state of imbalance?

