



WEEK THREE: Home Activity

Exploring the Relationship Between Ayurveda & Addiction

In the space below, I invite you to explore the ways in which you might observe how particular addictive behaviours may manifest in the context of your own constitution, as well, include what chakra you think may be affected. If you can't find any of examples in your own life, please connect with someone who would be willing to be a subject.

Behaviour	Doshic Imbalance - Affected Dosha	Affected Chakra
EX: smoking cigarettes	EX: potentially all three; particularly triggered when vata is high (anxiety etc)	EX: root chakra, feeling of insecurity
