



TIME OF DAY

Exercise during the **Kapha Time** of the day, which is from **6am to 10am**. This time provides a unique sense of **groundedness, stability, and strength**. Exercising at the Vata Time, from 2pm to 6pm, will provoke your delicate Vata dosha.

WORKOUT FREQUENCY

Avoid overexertion and **excessive sweating**. Workout **4-5 days** a week from **20-45 minutes** with a **low intensity**. Drink some water, breathe. Recover. Do a **grounding session** at the end.

TYPES OF EXERCISE

Ideal types of exercise:

- **Mindful strength training**
- Qigong
- Swimming
- Yoga
- Cycling
- Tai chi

However, if you already have a workout activity that you love, just make sure you practice it the Ayurvedic way!

WAYS TO MOVE

Make sure you move

- Slowly
- Mindfully
- Fluidly
- With an intention
- Breathing deeply
- Avoiding exhaustion
- Avoiding unnecessary tension
- Avoiding excessive sweating

REST & RECOVER

- Take at least **2 days off to fully recover**.
- Support your joints and muscles by doing **Abhyanga** with sesame or almond oil.
- **Activate** your joints and muscles before exercise.
- **Take stem or Epsom salt baths** once a week to help your muscles heal.

MORE BALANCING TIPS FOR VATA

If possible, workout **outdoors**.

Incorporate Yoga in your **grounding session**, at the end of your workout, to help stretch and prevent tightening and contraction (Vata qualities).

Do **Savasana** (lying pose) for a few minutes after each workout.

Practice **lunar alternate nostril breathing** before and after each fitness routine.

Find your way. The idea is to make your exercise session **fluid, grounding, calming, flexible, and strengthening**.

Celebrate your success! **Progress pictures** are a great way to be proud of yourself.



TIMES OF DAY

Exercise during the **Kapha Time** of the day, which is from **6am to 10am**.

This time provides a unique sense of **groundedness, stability, coolness, and strength**.

Exercising at the Pitta Time from 10am—2pm might provoke your dosha.

WORKOUT FREQUENCY

Avoid overexertion.

Exercise **5-6 days** a week from **45-60 minutes** with a **moderate intensity**.

Drink room temperature water, breathe deeply. Recover.

Do a **grounding session** at the end.

TYPES OF EXERCISE

Ideal types of exercise:

- **Mindful strength training**
- Qigong
- Swimming
- Yoga
- Cycling
- Tai chi

However, if you already have a workout activity that you love, just make sure you practice it the Ayurvedic way!

WAYS TO MOVE

Muevete así:

- Slowly
- Mindfully
- Fluidly
- Breathing deeply
- In a relaxed manner
- Enjoying the workout
- Maintaining your mind and emotions soft and spacious.

REST & RECOVER

- Take at least **1 day off to fully recover**.
- Support your joints and muscles by doing **Abhyanga** with coconut oil.
- **Activate** your joints and muscles before exercise.
- Practice **green therapy** by spending time in nature.

MORE TIPS FOR PITTA

Incorporate Yoga in your **grounding session**, at the end of your workout, to help you relax, cool down, and prevent tightening and contractions.

Do **Savasana** (lying pose) for a few minutes after each workout.

Practice **lunar alternate nostril breathing** before and after each fitness routine.

Find your way. The idea is to make your exercise session **fluid, grounding, calming, flexible, and strengthening**.

Celebrate your success! Progress pictures are a great way to be proud of yourself.



TIMES OF DAY

Exercise during the **Kapha Time** of the day, which is from **6am to 10am**.

This is when the Kapha's **slow, cool, oily, smooth, dense, soft, stable, gross,** and **cloudy** attributes are mostly aggravated.

However, due to Kapha sturdiness, you might work out at any other time.

WORKOUT FREQUENCY

Push your limits.

Exercise **5-6 days** a week for over **60 minutes** with **intensity**.

Take short rests between movements.

Breathe deeply. Recover.

Do a **grounding session** at the end.

TYPES OF EXERCISE

Ideal types of exercise:

- **Mindful strength training**
- Plyometrics
- Running
- Martial arts
- Hiking
- Any form of aerobic exercise

However, if you already have a workout activity that you love, just make sure you practice it the Ayurvedic way!

WAYS TO MOVE

Make sure you move...

- Vigorously
- Quickly
- Motivated
- Engaged
- With endurance
- In a challenging way
- Breathing deeply
- Having fun
- Being accountable

REST & RECOVER

- Take at least **1 day off to fully recover**.
- **Massage your body with dry powders** (chickpea rice flour) to stimulate the lymphatic system and help liquify fat.
- **Do abhyanga** with mustard or safflower oil.
- **Avoid oversleeping.**
- **Wake up before the sun rises.**

MORE TIPS FOR KAPHA

Incorporate Yoga in your **grounding session**, at the end of your workout, to help you gain flexibility and prevent tightening.

Have a **variety of workouts**. Break the routine.

Consider an **accountability partner** to keep consistent.

Celebrate your success. **Progress pictures** are a great way to be proud of yourself.

Practice solar alternate nostril breathing each day.

Drink room temperature **water infused with pomegranate seeds**.

Find your way. The idea is to make your **fitness routine vigorous and challenging**.