

# *Discover Your Dosha:*

A Holistic Guide to Balance & Well-Being



[www.nancyrivera.com](http://www.nancyrivera.com)

# About Me

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I'm Nancy Rivera—a Holistic Psychologist, Yoga Teacher, Wellness Coach, Author, and Podcast Host. I've spent over a decade guiding women through emotional healing, empowerment, and transformation.

My journey began as a coach in Puerto Rico, where I founded a nonprofit to support survivors of domestic violence and women facing emotional trauma. After moving to Florida, I deepened my path into holistic psychology, yoga, and spiritual coaching.

I believe healing is sacred. It is not just a clinical process—it's soulful, intuitive, and filled with moments of grace. My boho-spiritual style blends ancient wisdom with modern psychology to create safe, nurturing spaces for women to rise.

Whether through my books, podcasts (Today's Talk and Empútate), or holistic practice, my mission is to inspire you to come home to yourself.

Let's walk this journey together.

✻ Connect with me: [www.nancyrivera.com](http://www.nancyrivera.com)

*Nancy Rivera*

A Holistic Guide to Healing Your Heart



# Welcome Beautiful Soul,

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In the heart of ancient Ayurvedic wisdom lies a timeless truth: when we understand our inner nature, we unlock the path to balance, vitality, and self-love. This guide is your invitation to reconnect with your essence through the lens of the Doshas—Vata, Pitta, and Kapha.

Whether you're just beginning your wellness journey or seeking a deeper connection to your body, mind, and spirit, this guide offers a holistic, boho-inspired approach to aligning with your doshic type. With practical insights, soulful reflections, and a quiz to discover your unique Dosha, you'll walk away with a personalized roadmap for healing and harmony.

Let's dive into the beautiful world of Ayurveda and awaken the ancient wisdom already within you.

“When you live in harmony with your Dosha, you don't fight your nature—you flow with it.”

– Nancy Rivera

# What are the Doshas?

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In Ayurveda, the Doshas are energies believed to circulate in the body and govern physiological activity. They are derived from the five elements: ether (space), air, fire, water, and earth. These elements combine to create the three primary doshas:

- Vata (Air + Ether): The energy of movement, creativity, and change.
- Pitta (Fire + Water): The energy of transformation, digestion, and focus.
- Kapha (Water + Earth): The energy of structure, stability, and nourishment.

Each of us is born with a unique combination of these doshas, known as our Prakriti (natural constitution). When our doshas are in balance, we thrive. When imbalanced, we may experience physical or emotional distress.



# Your Dosha in Detail

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## **Vata:** The Creative Mystic

- Qualities: Light, dry, cold, irregular, mobile, rough
- Strengths: Artistic, imaginative, adaptable, spiritual
- Imbalances: Anxiety, insomnia, dry skin, bloating
- Balance With: Warm foods, grounding routines, calming practices like yin yoga or meditation

## **Pitta:** The Passionate Warrior

- Qualities: Hot, sharp, intense, oily, light, mobile
- Strengths: Focused, driven, intelligent, courageous
- Imbalances: Irritability, heartburn, inflammation, perfectionism
- Balance With: Cooling foods, time in nature, creative expression, self-compassion

## **Kapha:** The Earthy Nurturer

- Qualities: Heavy, slow, steady, soft, cold, oily
- Strengths: Loyal, compassionate, calm, strong
- Imbalances: Lethargy, weight gain, emotional heaviness, congestion
- Balance With: Stimulating activities, spicy foods, energizing breathwork, joyful movement

*Balance is not something you find; it's something you create through awareness.*



# Discover Your Dosha – Self-Assessment Quiz

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Grab a journal or a piece of paper and answer each question honestly. Choose the option that most often describes you.

1. My body frame is:

- A. Thin, lanky, and narrow
- B. Medium build, muscular
- C. Broad, solid, and heavier set

2. My digestion is:

- A. Irregular, sometimes forgets to eat
- B. Strong appetite, can get angry
- C. Slow but steady appetite

3. Emotionally, I tend to:

- A. Worry or feel anxious
- B. Get frustrated or impatient
- C. Feel calm but sometimes unmotivated

4. My energy levels are:

- A. Erratic – bursts of energy, then crash
- B. Consistently high
- C. Steady but slow

5. My skin tends to be:

- A. Dry and rough
- B. Oily or prone to breakouts
- C. Smooth and moist

Results:

- Mostly A's – Vata
- Mostly B's – Pitta
- Mostly C's – Kapha
- Mixed answers – You may be a dual-dosha type (e.g., Vata-Pitta)

# Nourish Your Dosha – Food & Lifestyle Recommendations

*“When you live in harmony with your Dosha, you don’t fight your nature—you flow with it.”*



## **Vata-Balancing Foods & Lifestyle**

- Eat: Warm, moist, grounding foods. Think soups, stews, root vegetables, warm grains, and healthy fats like ghee or olive oil.
- Avoid: Raw veggies, dry snacks, cold drinks, caffeine, and erratic eating patterns.
- Lifestyle Tips: Keep a regular routine, prioritize rest, practice gentle yoga, self-massage with sesame oil, and create a cozy, calm environment.

## **Pitta-Balancing Foods & Lifestyle**

- Eat: Cooling, hydrating foods like cucumbers, sweet fruits, leafy greens, coconut, and dairy.
- Avoid: Spicy, fried, fermented foods, alcohol, caffeine, and overly competitive environments.
- Lifestyle Tips: Spend time in nature, enjoy moonlight walks, practice cooling pranayama (like Sheetali breath), and express yourself creatively.

## **Kapha-Balancing Foods & Lifestyle**

- Eat: Light, spicy, warm foods with plenty of herbs and spices (like ginger, garlic, turmeric). Enjoy teas with cinnamon or clove.
- Avoid: Heavy, oily, cold foods; dairy; excess sweets.
- Lifestyle Tips: Wake up early, engage in daily movement (dance, cardio, vinyasa yoga), try dry brushing, and keep your space bright and energizing.

# Daily Routines for Dosha Balance

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## Vata Daily Routine

- Wake up before sunrise
- Begin with warm water and grounding breathwork
- Practice gentle yoga or meditation
- Eat warm, nourishing meals at regular intervals
- Wind down with calming herbal tea and journaling

## Pitta Daily Routine

- Wake up around sunrise
- Begin with a cooling breath (Sitali pranayama)
- Engage in moderate, non-competitive movement like swimming or nature walks
- Prioritize a balanced work-play schedule
- Evening reflection or creative writing to release tension

## Kapha Daily Routine

- Wake up early (ideally before 6 a.m.)
- Start the day with dry brushing or invigorating movement
- Eat light, warm meals with spices
- Avoid naps or heavy snacks between meals
- End the day with light reading or energizing affirmations



# Seasonal Wellness for Each Dosha

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## **Vata Season (Fall & Early Winter):**

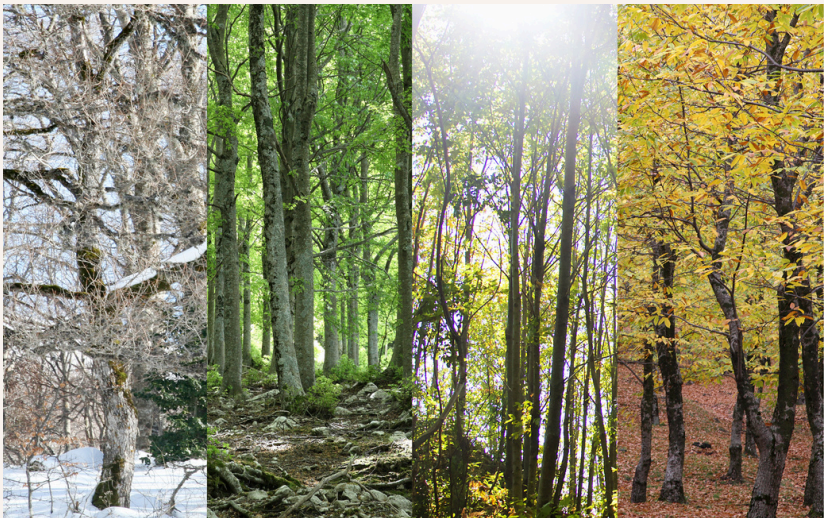
- Favor warmth in all forms—food, clothing, environment
- Embrace grounding practices: slow yoga, journaling, cozy routines
- Use sesame oil for self-massage

## **Pitta Season (Summer):**

- Cool the fire: seek shade, swim, eat hydrating and fresh foods
- Favor coconut oil for the skin and calming teas like chamomile or peppermint

## **Kapha Season (Late Winter & Spring):**

- Get moving: invigorating workouts, brisk walks
- Emphasize light and spicy meals
- Use uplifting scents like citrus or basil to awaken the senses



As you embark on this journey to discover your Dosha, remember that the path to balance and well-being is not a destination, but a lifelong dance of self-awareness, self-love, and growth. Each day is an opportunity to honor your unique nature, to nurture your body, mind, and spirit with love and care.

The wisdom of the Doshas invites us to celebrate our individuality and embrace the rhythm of life with compassion, acceptance, and grace. May this guide serve as a gentle reminder that your body knows the way, and with each conscious choice you make, you are returning to your true, vibrant self.

*Nancy Rivera*

