

Quick Ayurvedic Quiz

Discover your constitution and find the yoga practice that's right for you.

Read each statement and tick any that feel true for you. Think about how you are in general, not just right now. Count your ticks at the end of each section.

Section A — Vata

Air & Space

- I have always been thin and find it hard to gain weight.
- I prefer warm climates and dislike cold or windy weather.
- My hair tends to be dry or curly.
- My mind moves quickly — I often have many ideas at once.
- When under stress, I tend to feel anxious or fearful.

3 or more ticks: Primarily Vata — you thrive with grounding, routine, and breath-focused practice.

Section B — Pitta

Fire & Water

- I have a medium, athletic build and enjoy physical challenge.
- I prefer cool climates and feel easily fatigued by heat.
- My appetite is strong and I get irritable when I skip meals.
- I have a sharp, focused mind and a competitive streak.
- When under stress, I become irritable or frustrated.

3 or more ticks: Primarily Pitta — you benefit from cooling, calming, and restorative practices.

Section C — Kapha

Earth & Water

- I have a sturdy build and tend to gain weight easily.
- My hair is thick and my skin tends to be smooth.
- My energy is steady but I can feel slow to get started.
- I have consistent stamina once I am moving.
- When under stress, I become withdrawn or resistant to change.

3 or more ticks: Primarily Kapha — energising, varied, and stimulating practice suits you best.

Bi- or Tri-doshic

If your ticks are spread across two or three sections, you have a blend of more than one constitution. This is very common — and means you have even more tools available to you as you explore your practice.

Use your results to guide the yoga practice that best supports you throughout this course.