



# Ayurveda 101: The Gurvadi Gunas

## LIKE ATTRACTS LIKE, OPPOSITES CREATE BALANCE

heavy - light  
dull - sharp  
cold - hot  
wet - dry  
smooth - rough  
dense - flowing  
hard - soft  
static - mobile  
subtle - gross  
cloudy - clear

How can you use these 20 qualities to cultivate true health and wellness? Here are a few examples of these qualities in action:

Do you feel like you're rushing around? Choose a grounding Yoga class. (mobile/static)  
Are you lethargic? Wake up with a brisk walk or power Yoga class. (static/mobile)

Do you feel irritated? Try swapping spicy food for more mild choices. (sharp/dull)  
Are you bored? Spice things up with salsa or salsa dancing. (dull/sharp)

**How do you naturally do this now?**

**Where would you like more balance and ease?**