



Dear Ayurveda Student,

Please find the following documents attached. Now is a recommended time to begin Dr. John Douillard's Ayurveda Pulse Online Course. Please notify SAMA to enroll you this week if you have opted for the Pulse Course as part of your curriculum.

Book 2 Chapter 4
Trividha Pariksha
The 3 Categories of Clinical Examination

1. [Book 2 Chapter 4 PDF](#)
2. [Pulse Building Intuition Exercises Pulse PDF](#)
3. [Pulse Course Manual PDF](#)
4. [Pulse Worksheet PDF](#)

Thank you.

YourQuote.in

Namaste,
Karyn

In Ayurveda, Vata, Pitta and Kapha are known as the three doshas, or regulating forces of nature. Ayurvedic wisdom holds that equilibrium or balance of these three doshas is extremely important.

— holisticnurturing