



Dear Ayurveda Student,

Please find the following documents attached.

Book 1 Chapter 3
The Doshas & Their Subtypes

1. [Book 1 Chapter 3 PDF](#)
2. [Kapha PDF](#)
3. [Kapha Subdosha Chart](#)
4. [Pitta PDF](#)
5. [Pitta Subdosha Chart](#)
6. [Vata PDF](#)
7. [Vata Subdosha Chart](#)

Thank you.

Namaste,
Karyn

**The more you let
Ayurveda and Yoga
become the basis for
your living, the easier
living gets.**

Myra Lewin