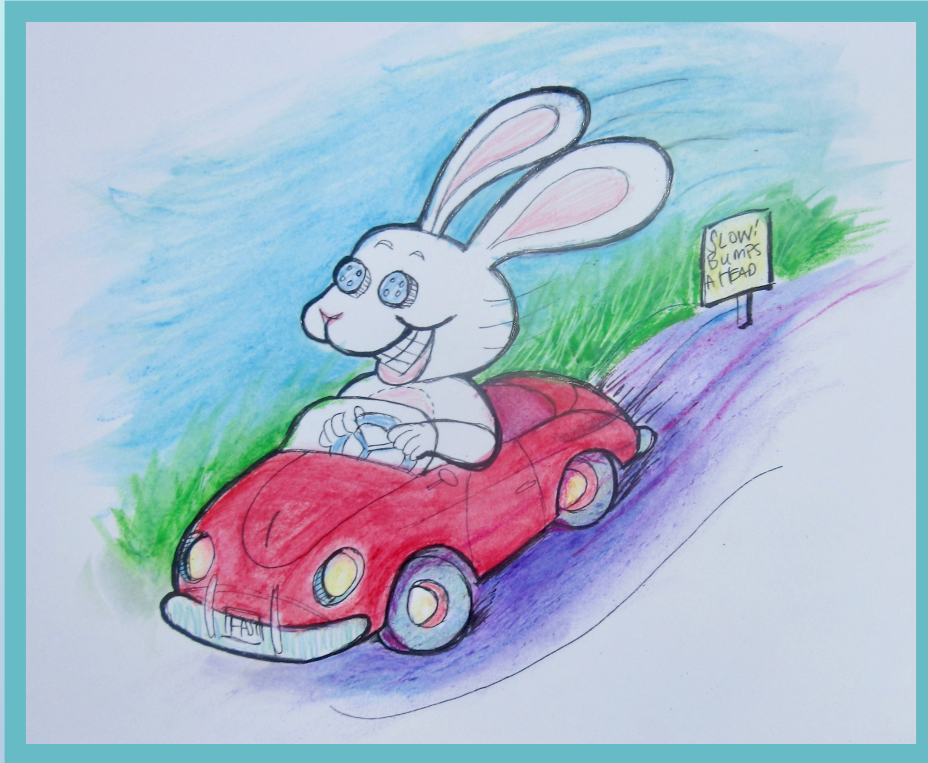


Are you a VATA-mobile... a PITTA-mobile— or a KAPHA-mobile?

When you come into this world— you get a basic body type that is like a car.
What kind of car are you most like?

Here is a VATA-mobile:



VATA Body Types are like the Element AIR.

In Balance they are:

Enthusiastic
Creative
Fast moving
Changeable
Spontaneous

Out of Balance they are:

Easily distracted
Restless
Anxious
Lack Stamina
Lose Focus easily
Cold Hands and feet
Dry skin, Constipated
Lose weight
Light sleepers
Ungrounded