

# Naturally Balanced

**Discover** yourself as a dynamic field of energy and information.

**Integrate** daily practices that support your natural state of harmony.

**Empower** your intrinsic forces to support your well-being.

**Together**, this allows you to create a long and fulfilling life. — JoEtta Heck

## Vata

## Pitta

## Kapha

The same natural forces that act upon our environment are present within ourselves and in our food.

These are the elemental forces of Vata, Pitta and Kapha.

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CHOPRA CENTER  
CERTIFIED INSTRUCTOR

Element	Sanskrit Name	Qualities	Sense and Sensory organ	Governs
Space	Akasha	Omnipresent Cold, Subtle Light, Immobile	Sound Ears	Potential
Air	Vayu	Cool, Light, Clear Mobile, Dry	Touch Skin	Movement
Fire	Agni or Tejas	Hot, Light Sharp, Clear, Soft, Dry	Sight Eyes	Transformation
Water	Jala	Liquid, Heavy, Soft, Cohesive, Moist	Taste Tongue	Cohesiveness
Earth	Prithivi	Cool, Heavy, Rough Stable, Dry, Hard	Smell Nose	Form/ Protection