

Prenatal Kriya Yoga – Ayurveda Study Questions

1. Which of the dosha’s increase during pregnancy?
   1. Vata
   2. Pitta
   3. Kapha
   4. All of the above
2. Why is it important for a woman to know her Prakruti prior to pregnancy?
3. Name two cooling practices when there is excess Pitta.
4. What is the ideal meal to soothe Vata during pregnancy?
5. Using five sense therapies, name 3 things that will nourish, balance and support the prenatal woman.
6. Take the online Dosha quiz on the resource page and record the results here.