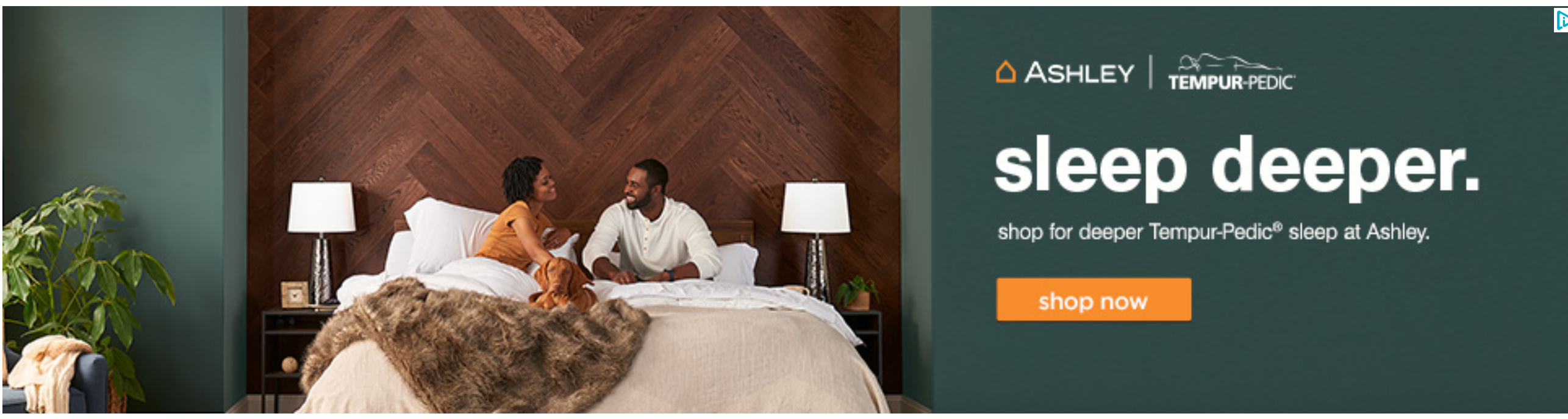




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# Sukshma



## Definition - What does *Sukshma* mean?

*Sukshma* is a Sanskrit word meaning "subtle" or "dormant." The presence of sukshma is felt, but not seen.

Sukshma yoga is an excellent relaxation technique that promotes physical and mental calm. It is a form of yoga comprising of subtle exercises that are simple to practice yet highly effective.



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## Yogapedia explains *Sukshma*

Sukshma yoga opens the energy channels in the body, thereby increasing vitality. This practice helps to balance the flow of prana through the body.

Here are a few Sukshma yoga exercises that can be done sitting, standing or lying down:

- Roll the eyes clockwise then counterclockwise five to six times.
- Shut the eyes tight and release to open the eyes wide. Repeat this 10 times.
- Relax the facial muscles by pinching the muscles around the eyes using the thumb and index fingers.
- Hold the ears and move them gently in a circular motion for 10 seconds.
- With the mouth open, move the index, middle and ring fingers along the jawline toward the chin.
- Open and close the mouth 10 times.
- Turn the neck from left to right and right to left.
- With the thumb folded into the palm, make a tight fist. Release the fist and stretch the fingers. Repeat 10 times.
- Rotate both feet clockwise and then counterclockwise 10 times.



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## During These Times of Stress and Uncertainty Your Doshas May Be Unbalanced.

To help you bring attention to your doshas and to identify what your predominant dosha is, we created the following quiz.

Try not to stress over every question, but simply answer based off your intuition. After all, you know yourself better than anyone else.

## What's My Dosha?



Knowing your current *vikriti* or state of health can help you understand how your health works and how Ayurveda can help you find balance.

Answer the following questions based upon how you are feeling at the moment (or at least within the recent few weeks). In the case where more than one answer is applicable, select the one that is the most true for you.

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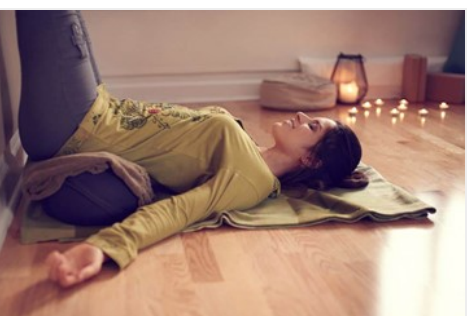
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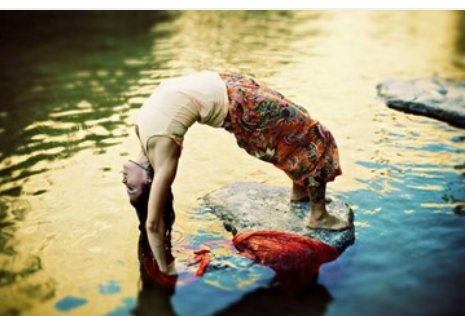
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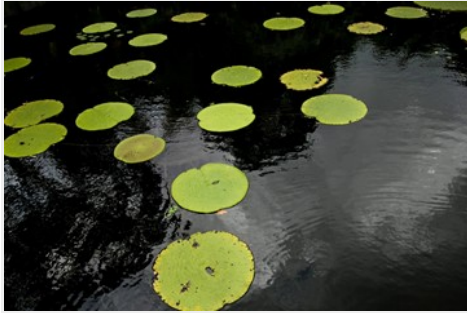
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