

Yogi Tea Black Chai 17 Bags

EAN: 4012824400641 FABRICANTE: YOGI TEA



Ayurvedic infusion of spices with black tea, ginger and cinnamon. It is best enjoyed sweetened and with a little milk or a vegetable alternative.

DESCRIPTION

Consciousness Yoga:

Sit in a comfortable position with your legs crossed. Extend your arms out to the sides, keeping them parallel to the ground. Make fists with your hands and clench your fingers like lion's claws. Cross your wrists over your head, then bring your arms back to your sides, alternating right over left, then left over right. Perform these movements with energy and rhythm for 3 minutes.

Then, stick your tongue completely out of your mouth and continue to move your arms for an additional minute. This exercise will help you increase your awareness and connection with your body. Once complete, relax and take a deep breath.

What is the composition of Yogi Tea Black Chai?

- black tea
- Ginger
- Cinnamon
- Anise
- Rooibos
- roasted chicory
- Black pepper
- Nail
- cinnamon oil
- ginger oil

Bio and Vegan Infusion.

