

Yogi Tea Breathing 17 Bags

EAN: 4012824401020 FABRICANTE: YOGI TEA



Ayurvedic herbal infusion with eucalyptus, basil and thyme. Helps clear the respiratory tract.

DESCRIPTION

Do you want an easy Yoga sequence to open your lungs?

Stand with your feet hip-width apart:

1. Inhale deeply as you raise your arms straight above your head and slightly arch your back.
2. Exhale fully as you lean forward, bringing your arms toward the floor and your chest toward your legs. This position is called Uttanasana or forward bend.
3. Continue to repeat this movement of inhaling as you raise your arms and arching your back slightly, and exhaling as you lean forward, for 1 to 3 minutes.
4. Then return to a standing position, keeping your back straight and your arms relaxed at your sides.
5. Take several deep breaths as you relax into this position.

What is the composition of Yogi Tea Respiration ?

- Eucalyptus
- Licorice
- Ginger
- Basil
- Cardamom
- Cinnamon
- mullein
- Alfalfa
- Fennel
- Thyme
- enula
- Vanilla extract
- Nail
- Black pepper
- vanilla in pod

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122
<https://bio-farma.es/buy/f/yogi-tea/yogi-tea-breathing-17-bags>





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This infusion is Bio and vegan.

Contains licorice: people suffering from hypertension should avoid excessive consumption.

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