

Yogi Tea Chai Turmeric 17 Sachets

EAN: 4012824404151 **FABRICANTE:** YOGI TEA



In this infusion, turmeric is combined with delicious chai spices, such as soft cinnamon and aromatic cardamom, unfolding all its splendor. Enjoying this infusion guarantees you to experience a warm and exotic flavor.

DESCRIPTION

To strengthen your intuition through yoga, sit in whatever posture is most comfortable for you, making sure to keep your spine straight and aligned. Next, begin to gently circle your arms forward, alternating one at a time. Then circle backwards on both sides of the body, as if you were swimming front crawl. Focus on the movement of your shoulders as you perform these movements. Allow your breathing to regulate itself naturally, without forcing it. This practice will help you connect with your intuition and find greater mental clarity.

What are the ingredients of Yogi Tea Chai Turmeric?

- Turmeric
- Cinnamon
- Licorice
- Ginger
- Cardamom
- Black pepper
- Apple
- Fennel
- Mace
- cocoa shell
- Nail

Bio and Vegan Infusion.

