

## Yogi Tea Chlorella Mint 17 Bags

EAN: 4012824404885    FABRICANTE: YOGI TEA



*Ayurvedic herbal infusion with chlorella, mint and lemongrass.*

### DESCRIPTION

If you want to get **new energy through meditation** , you can try this practice:

Sit in a comfortable position, with your legs crossed and your back straight. Extend both arms forward, at chest level.

Make a fist with your right hand and wrap your left hand around that fist, making sure that your thumbs are joined and pulled up. Direct your gaze towards the tips of your thumbs.

Begin by inhaling deeply for 5 seconds, then exhale for another 5 seconds. After exhaling, hold your breath for 15 seconds before inhaling again.

Continue this breath cycle for 3-5 minutes, keeping your focus on the connection between your breath and the position of your hands.

This meditation practice will help you recharge your energy and find a state of calm and clarity of mind. The combination of mindful breathing and the position of your hands provides an anchor for your attention and allows you to focus on the present.

What is the composition of Yogi Tea Chlorella Mint?

- Peppermint
- lemon grass
- Licorice
- Basil
- Balm
- white hibiscus
- moringa leaves
- Lime
- Chlorella
- Baobab
- Nettle





## Yogi Tea Chlorella Mint 17 Bags

**EAN:** 4012824404885    **FABRICANTE:** YOGI TEA



Bio and vegan infusion.

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-chlorella-mint-17-bags>

<https://bio-farma.es> - [info@bio-farma.es](mailto:info@bio-farma.es)

C/ Vermell, 20 3r 3a - 17252  
St. Antoni de Calonge (Girona) Spain

 +34 696 79 77 77

