

Yogi Tea Choco 17 Sachets

EAN: 4012824400146 FABRICANTE: YOGI TEA



Ayurvedic spice infusion with cocoa shells, licorice and cinnamon. Cocoa shells exude a wonderful aroma of chocolate and are combined with fine chai spices.

DESCRIPTION

Easy yoga that helps mental clarity:

Sit in a comfortable cross-legged position. Rest your right hand on the right knee. With your left thumb, gently block the left nostril.

Breathe in slowly and deeply through the right nostril, keeping your eyes closed. Focus on each inhalation and exhalation for three minutes, allowing your mind to calm and clear.

After the three minutes, take several deep breaths with your nose uncovered, feeling the energy flow through your body. Then relax completely, allowing any tension or worry to dissolve.

This breathing exercise will help you find mental clarity and calm your mind. At the end, take a moment to enjoy the feeling of relaxation and well-being that you have created.

What is the composition of Yogi Tea Choco?

- cocoa shell
- Cinnamon
- Licorice
- Carob
- Malted barley
- lean cocoa powder
- Cardamom
- Ginger
- Nail
- ginger oil
- Black pepper
- Vanilla extract
- cinnamon oil
- vanilla in pod





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Bio and Vegan Infusion.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241116
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