

Yogi Tea Chocolate Chai 90g

EAN: 4012824529359 FABRICANTE: YOGI TEA



Ayurvedic infusion rich in cocoa shell, cinnamon and cardamom. Excellent chocolate flavor.

DESCRIPTION

Simple yoga practice to promote mental clarity :

1. Find a quiet place and sit in a comfortable position, with your legs crossed.
2. Place your right hand on your right knee to keep it stable.
3. Close your left nostril using your left thumb.
4. Begin to breathe slowly and deeply through the right nostril.
5. As you breathe, focus on your breath and focus your attention on each inhalation and exhalation.
6. Continue breathing in this way for at least three minutes, keeping your eyes closed to avoid distractions.
7. After the three minutes, take several deep breaths through your nose without blocking any of the nostrils and allow your body to relax.
8. Take a moment to feel the effects of the practice and enjoy the sense of calm and mental clarity that you have cultivated.

Remember that this is just a simple practice and each person may have different preferences and needs in their yoga practice. It is always important to listen to your body and adapt the practice to your own limitations and abilities.

How to prepare the

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How do I prepare Yogi Tea Chocolate Chai?

Add 2 teaspoons (2.6g) to one liter of boiled water and simmer for 10-15 min. filter! Add hot milk and sweetener if desired.

What is the composition of Yogi Tea Chocolate Chai ?

- cocoa shell
- Cinnamon
- Cardamom
- Ginger
- roasted chicory
- Nail
- Black pepper

Bio and Vegan Infusion.

