

Yogi Tea Christmas 17 Sachets

EAN: 4012824404229 FABRICANTE: YOGI TEA



Ayurvedic infusion with honeybrush, star anise and cinnamon. Bio and vegan.

DESCRIPTION

Breathing technique to balance mental energy :

Sit in a comfortable position with your legs crossed and your back straight. Place your hands resting on your knees, with your arms stretched out. Join the tips of the index finger and thumb of each hand to form a circle, while keeping the other fingers straight. Keep your eyes open and straight ahead.

Begin by inhaling deeply through the nose, drawing the air in for approximately 5 seconds. Then hold your breath, holding the air in your lungs, for 10 seconds. Finally, gently exhale through your nose for about 5 seconds.

Continue this breathing pattern for 3 to 11 minutes, keeping your attention on the in and out breath throughout the process. Focus on each inhalation and exhalation, noting the sensation and rhythm of the breath.

This breathing technique can help calm the mind, balance energy, and promote concentration.

What is the composition of Yogi Tea Christmas?

- Rooibos
- Cinnamon
- Licorice
- Cilantro
- honeybush
- Orange peel
- Nail
- Black pepper
- Anise
- dehydrated lemon juice
- Star anise
- Cardamom
- roasted chicory
- Lime

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241115
<https://bio-farma.es/buy/ff/yogi-tea/yogi-tea-christmas-17-sachets>



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- orange essential oil
- cinnamon oil

Bio and Vegan Infusion.

