

Yogi Tea Classic Chai 90g

EAN: 4012824529267 FABRICANTE: YOGI TEA



Combination of sweet flavors of cinnamon, cardamom, spicy ginger, cloves and black pepper.

DESCRIPTION

To **increase your energy with a simple yoga practice**, you can start sitting cross-legged on the floor or in a chair, keeping your back straight and feet flat on the floor. Extend your arms forward, parallel to the ground, with your palms facing each other and your fingers spread apart. Take deep, forceful breaths through your nose for 1 to 3 minutes.

Then take a deep breath, and while keeping the air in your lungs, make fists and slowly bring them toward your chest, applying maximum tension. Exhale slowly as the fists touch the chest and relax. Take several deep breaths and feel the energy you have generated in your body.

What are the ingredients in Yogi tea Classic?

- Cinnamon
- Cardamom
- Ginger
- Nail
- Black pepper
- cinnamon oil

Bio and Vegan Infusion.

How is this infusion prepared?

Add 2 teaspoons (2.4g) to one liter of boiled water and simmer for 10-15 min. Filter and add the hot milk and sweetener if desired.

