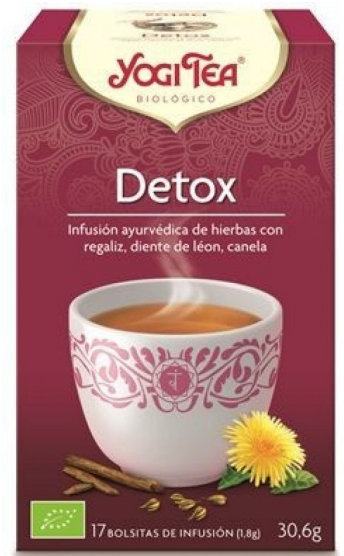


Yogi Tea Detox 17 Filters

EAN: 4012824401280 FABRICANTE: YOGI TEA



Ayurvedic herbal infusion with licorice, dandelion and cinnamon. It is a regenerative, liberating and purifying infusion.

DESCRIPTION

Simple yoga exercise for purification :

1. Sit on your heels, keeping your knees open.
2. Lean your body forward, bringing your forehead to the ground.
3. Extend your arms forward and bring your palms together.
4. Relax in this posture, known as Guru Pranam.
5. Breathe slowly and deeply through your nose for 1-3 minutes.
6. Sit down slowly, take a few breaths, and relax.
7. You can combine this breathing technique (pranayama) with an asana (posture) to enhance its purifying effect.

Remember that this is just a simple practice and that 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. Exploring different postures and breathing techniques can help you find the ones that give you the best benefits for purification and balance.

What is the composition of Yogi Tea Detox?

- Licorice
- Cinnamon
- burdock root
- Ginger
- Dandelion
- Fennel
- Anise
- Juniper berries
- Cilantro
- Cardamom
- Black pepper
- Parsley

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241117
<https://bio-farma.es/buy/f/yogi-tea/yogi-tea-detox-17-filters>



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- Cloves
- Turmeric

Contains licorice: avoid excessive consumption in case of hypertension.

Bio and Vegan Infusion.

