

## Yogi Tea Detox with Lemon 17 Sachets

**EAN:** 4012824401853 **FABRICANTE:** YOGI TEA



*Ayurvedic herbal infusion with dandelion, licorice and lemon peel. Dandelion is highly prized for its stimulating effect on digestion.*

### DESCRIPTION

**Practicing relaxation breathing** is a simple technique that you can do anytime, anywhere. To start, find a quiet place and sit in a comfortable position, keeping your back straight. Gently close the right nostril with your index finger or thumb.

Now, focus on your breath and begin to inhale slowly through the left nostril. Feel how the fresh air enters your lungs, filling you with energy and calm. Hold the inhalation for a few seconds, allowing your abdomen to gently expand.

Then exhale slowly and controlled through the same left nostril. Release any tension or stress you have accumulated, letting the air out in a relaxed way. Continue breathing in this way for three minutes, focusing your attention on each inhalation and exhalation.

As you continue to practice this relaxation breathing technique, you will notice your mind quiet and your body relaxing. It is an effective way to reduce stress, improve your general well-being and find a moment of calm in the midst of daily turmoil.

Remember that mindful breathing can be a powerful tool to relieve stress and promote relaxation in your daily life. Spend a few minutes practicing this technique and experience the benefits for your mind and body!

### What is the composition of Yogi Tea Detox with Lemon?

- lemon grass
- Dandelion
- Cinnamon
- Ginger
- Licorice
- Lemon peel
- Balm
- Peppermint
- lemon essential oil

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<https://bio-farma.es/buy/ff/yogi-tea/yogi-tea-detox-with-lemon-17-sachets>





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Bio and vegan infusion.

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