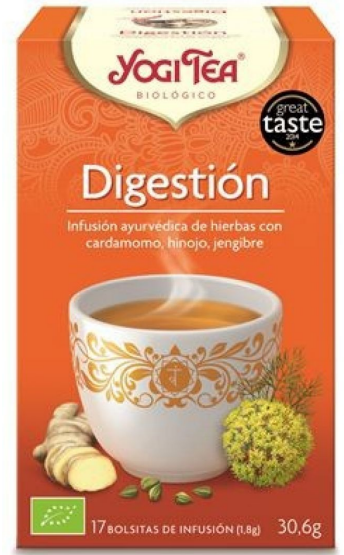


Yogi Tea Digestion 17 Sachets

EAN: 4012824401068 FABRICANTE: YOGI TEA



Ayurvedic herbal infusion with cardamom, fennel and ginger.

DESCRIPTION

If you are looking for a simple way to ease digestion, yoga can be a great option. One pose that you can practice is Vajrasana, also known as the rock pose.

To start, sit on the floor with your heels under your buttocks, keeping your spine and head upright. Place your hands gently on your knees, in a relaxed position.

Once in this position, begin to breathe slowly and deeply through your nose. Focus on breathing in and out calmly and mindfully. You can hold this breath for 3 to 11 minutes, adapting the time to your needs and capacity.

Vajrasana is considered an effective remedy to alleviate the negative effects of eating too much or too fast. Ancient yogis even believed that sitting in this posture allowed them to digest even rocks.

By practicing this rock pose and focusing on mindful breathing, you stimulate blood circulation in the abdominal area, which can help improve digestion. It also promotes relaxation and calm in the body and mind, which is beneficial for a healthy digestive process.

Remember that yoga is an individual practice, so you should always listen to your body and adapt the postures according to your own abilities and limitations. If you experience any discomfort or pain, it is important to stop and consult a health professional.

What is the composition of Yogi Tea Digestion?

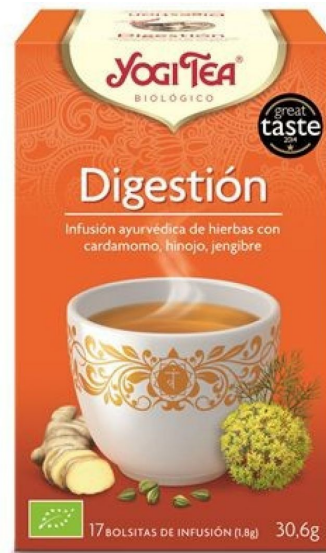
- Cardamom
- Fennel
- Cilantro
- Malted barley
- Licorice
- Peppermint
- Ginger
- Cinnamon
- Black pepper

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122
<https://bio-farma.es/buy/f/yogi-tea/yogi-tea-digestion-17-sachets>



Yogi Tea Digestion 17 Sachets

EAN: 4012824401068 **FABRICANTE:** YOGI TEA



-
- Nail

Bio and vegan infusion.

