

## Yogi Tea Echinacea 17 Sachets

EAN: 4012824401532    FABRICANTE: YOGI TEA



*Ayurvedic herbal infusion with echinacea, rooibos, cardamom. It is protective, strengthening and slightly bitter.*

### DESCRIPTION

#### Do you want to perform a yoga exercise to bring energy to your throat?

To infuse your throat with energy through yoga, you can follow these simple steps. Sit cross-legged on the floor or in a chair with your back straight and your feet flat on the floor. Place your hands on your knees and close your eyes.

Begin by inhaling through your nose as you gently turn your head to the left until your gaze is drawn to your left shoulder. Then exhale through your nose as you turn your head to the right until your gaze is drawn to your right shoulder.

Continue this inhalation and exhalation motion by turning your head from side to side for 1 to 3 minutes.

After completing the exercise, look straight ahead and take a few deep breaths. Allow yourself to relax and feel the energy, warmth and light fill your throat.

This simple exercise will help you awaken and revitalize the energy in your throat, giving you a feeling of warmth and vitality.

#### What are the ingredients of Yogi Tea Echinacea?

- Cinnamon
- Echinacea
- Ginger
- Fennel
- Rooibos
- roasted chicory
- Carob
- Cardamom
- Basil
- burdock root
- Black pepper

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





## Yogi Tea Echinacea 17 Sachets

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- Turmeric
- Astragalus
- vanilla in pod

Bio and vegan infusion.

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