

Yogi Tea Energy Green Tea 17 Bags

EAN: 4012824401952 FABRICANTE: YOGI TEA



Ayurvedic infusion of green tea with guarana, ginger and elderflowers.

DESCRIPTION

The green tea in this infusion is given a special touch with the fruity lemon verbena, elderflowers and a hint of ginger, guarana and kombucha extract.

If you are looking for a **yoga pose to increase your energy**, I recommend trying the archer pose. Follow these steps:

Begin standing in a comfortable position, keeping your body straight. Turn your right foot forward and your left foot out, creating an opening at your hips. Make sure you keep your balance.

Bend your right knee, bringing your body weight to that leg. Close your right fist, with the thumb stretched out and pointing up. Extend your right arm out, aligning your thumbnail with your eyes.

Imagine that you are holding a bow in your right hand, while the bowstring is pulled back with your left hand and arm. Visualize your objective or imaginary target in front of you.

Breathe slowly and deeply as you focus on your goal. Hold this pose for 1-3 minutes, feeling the strength and determination in each breath. Keep your mind focused and your body stable.

Then switch sides. Turn your left foot forward and your right foot out. Repeat the sequence, bending your left knee and extending your left arm out as if you were holding a bow. Again, hold the pose for 1-3 minutes while breathing mindfully.

Archer's Pose is a great way to cultivate a sense of power and focus. As you practice this pose regularly, you will notice an increase in your energy and focus in your daily life.

What is the composition of Yogi Tea Energy Green Tea?

- Green tea (65%)
- lemon grass
- Guarana (7%)
- Peppermint
- Elderflowers (3%)

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-energy-green-tea-17-bags>





Yogi Tea Energy Green Tea 17 Bags

EAN: 4012824401952 **FABRICANTE:** YOGI TEA



- Ginger(2.5%)
- Natural Strawberry Flavor
- Black pepper
- Dehydrated Kombucha Drink
- bergamot oil
- lemon verbena
- lemon essential oil
- vanilla in pod
- natural vanilla flavor
- Passion fruit natural extract

Bio and vegan infusion.

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-energy-green-tea-17-bags>

<https://bio-farma.es> - info@bio-farma.es

C/ Vermell, 20 3r 3a - 17252
St. Antoni de Calonge (Girona) Spain



+34 696 79 77 77

