

Yogi Tea Ginkgo 17 Bags

EAN: 4012824402928 FABRICANTE: YOGI TEA



Ayurvedic herbal infusion with Ginkgo, lemongrass and Luisa grass. Ginkgo has a memory-enhancing effect. Cooling mint and fresh lemongrass offer a new boost to the mind.

DESCRIPTION

Easy yoga to increase your vitality , you can try this exercise lying on your back:

Begin by lying on your back on a comfortable surface. Bend your knees and bring your heels in toward your buttocks so that your feet are flat on the floor.

From this position, begin to alternately strike your buttocks with your heels. Inhale deeply as you extend one leg, and exhale as you strike down with the opposite heel.

Continue this movement for 1-3 minutes, maintaining a steady, flowing rhythm. With each strike, feel your body energize and fill with renewed energy.

This exercise stimulates blood circulation in your legs and buttocks, awakening your body and generating a feeling of vitality. Furthermore, by synchronizing the breath with the movements, it also promotes the mind-body connection.

What is the composition of Yogi Tea Ginkgo?

- ginkgo
- Ginger
- lemon grass
- Licorice
- Peppermint
- lemon verbena
- Basil
- Balm
- Cardamom
- Black pepper

Bio and vegan infusion.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122
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Contains licorice: people suffering from hypertension should avoid excessive consumption.

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