

## Yogi Tea Good Dreams Rooibos Vanilla 17 Bags

EAN: 4012824402256 FABRICANTE: YOGI TEA



*Ayurvedic Herbal Infusion with Rooibos, chamomile flowers and vanilla. Mild, calming and relaxing infusion.*

### DESCRIPTION

Sit in a comfortable position, either cross-legged on the floor or in a chair with a straight spine. Raise your arms above your head, placing one hand on top of the other, palms down. If you are a man, place your right palm over your left. If you are a woman, place the left palm on the right. Keep the tips of your thumbs together and your thumbs pointing back. Arms should be slightly bent at the elbows, forming a gentle arc.

Keeping your eyes slightly open, direct your gaze downward, focusing on your upper lip, and whisper the mantra "Wa-he Gu-ru." You can repeat it in your mind or in a low voice. Maintain this posture and repeat the mantra for 3 minutes.

This exercise will help you build your confidence and connect with your inner energy.

### What is the composition of Yogi Tea Good Dreams Rooibos Vanilla?


- Rooibos
- chamomile flowers
- cocoa shell
- Licorice
- Vanilla extract
- Cinnamon
- Cardamom
- lemon balm extract
- Nutmeg
- Ginger
- Nail
- Black pepper

Bio and Vegan Infusion.

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241121  
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<https://bio-farma.es> - [info@bio-farma.es](mailto:info@bio-farma.es)

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

 +34 696 79 77 77

