

## Yogi Tea Green Chai 17 Bags

EAN: 4012824400740 FABRICANTE: YOGI TEA



*Ayurvedic infusion of spices with green tea, cinnamon and ginger. Green tea invigorates the body and chai spices calm the mind.*

### DESCRIPTION

Breath of Fire:

The Breath of Fire is a fast and energetic technique that is performed from the navel. To start, focus on consciously drawing your belly button in as you exhale through your nose. The inhalation will happen automatically when you relax the abdomen. As you feel comfortable, slowly increase the rate of breathing to 2-3 breaths per second. Remember to inhale and exhale only through the nose.

Continue practicing this breath for 1 to 3 minutes. Breath of Fire brings energy and ignites the inner fire of life. It will help you feel more alert and active. At the end, take a moment to relax and take a few deep, mindful breaths.

### What is the composition of Yogi Tea Green Chai?

- Cinnamon
- Peppermint
- Green Tea
- Ginger
- Cardamom
- Nail
- Black pepper
- cinnamon oil

Bio and Vegan Infusion.

