

Yogi Tea Happiness 17 Sachets

EAN: 4012824401495 FABRICANTE: YOGI TEA



Ayurvedic Herbal Infusion with Cinnamon, Hops and Orange Peel. Taste slightly acid and somewhat spicy.

DESCRIPTION

Immerse yourself in a limitless identity experience. Sit with your spine upright, either by crossing your legs or in a chair. Keep your eyes slightly open.

Place your right hand on the right knee. Then, place your left hand about 15 cm away from your body, at the level of your heart, with the palm facing your body.

As you gently bring your left hand toward your body, silently intone or think "I AM" with an emphasis on "I." Keeping your hand at heart level, now bring it about 30 cm away from your heart and repeat "I AM", this time emphasizing "I AM". Continue doing this for a period of 3 to 11 minutes.

During this practice, allow yourself to sink into the feeling of an expansive and limitless identity. Enjoy the connection with your inner being while maintaining presence and attention in the present moment.

What is the composition of Yogi Tea Happiness ?

- Cinnamon
- Ginger
- Fennel
- Licorice
- Anise
- Cardamom
- Orange peel
- Hop
- Basil
- orange essential oil
- Black pepper
- lavender flowers
- Fenugreek
- Yarrow
- Nail
- cinnamon oil

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122
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Bio and Vegan Infusion.

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