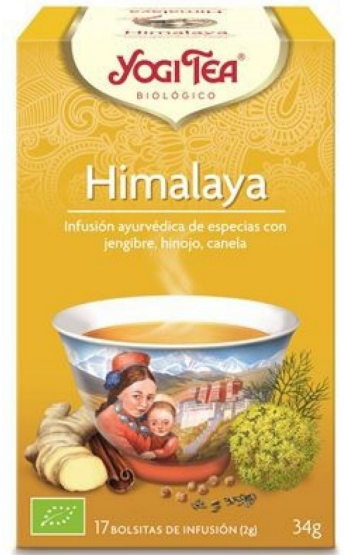


Yogi Tea Himalaya 17 Sachets

EAN: 4012824400092 **FABRICANTE:** YOGI TEA



Fennel and ginger add a subtle and delicate note, while sweet cinnamon adds an especially delicious flavor. To fully enjoy this infusion, we recommend taking it with milk or a vegetable alternative.

DESCRIPTION

To combine dance and relaxation, start standing up, close your eyes, and allow your body to relax. Take slow, deep breaths, feel each tension in your body, and consciously release it. Then begin to rock, dance, and gently move each part of your body. If you have soft, rhythmic music at your disposal, you can use it as background music to accompany your movement. Spend 3 to 11 minutes on this practice, allowing your body to immerse itself in the rhythm and release that dance offers you, while bringing you into a state of deep relaxation.

What are the ingredients in Yogi Tea Himalaya?

- Ginger
- Fennel
- Cinnamon
- Anise
- Cilantro
- cinnamon oil
- ginger oil
- Licorice

This infusion is Bio and Vegan.

