

## Yogi Tea Inner Harmony 17 Filters

EAN: 4012824403789

FABRICANTE: YOGI TEA



*Ayurvedic herbal infusion with lemon balm, rooibos and cinnamon. This infusion is calming, meditative and balancing.*

### DESCRIPTION

Sit comfortably cross-legged. Extend your arms forward, keeping them straight and steady. Make fists and make sure your palms are facing down. At the height of the center of your chest, begin to rotate your fists in small circles. The right fist should rotate in a clockwise direction, while the left fist should rotate in the opposite direction. Keep your elbows extended and your fists tightly closed. You can also move your shoulder blades and the muscles below your shoulders to release tension. Continue this routine energetically for 2 minutes, breathing deeply through your nose.

### What is the composition of Yogi Tea Inner Harmony?

- Balm
- Rooibos
- Licorice
- Cinnamon
- cocoa shell
- Basil
- Peppermint
- chamomile flowers
- Rosemary
- Black pepper
- Fennel
- lavender flowers

Bio and Vegan Infusion.

