

Yogi Tea Licorice and Mint 17 Bags

EAN: 4012824400337 FABRICANTE: YOGI TEA



Ayurvedic infusion of spices with licorice, peppermint and cardamom. Fresh, stimulating and sweet infusion.

DESCRIPTION

Breathing technique to find calm and increase awareness:

1. Find a quiet place where you can sit comfortably in a relaxed posture, preferably with a straight back.
2. Take a moment to close your eyes and connect with yourself. Feel the connection between your body and the ground, allowing yourself to feel stable and grounded.
3. Direct your attention to your breath. Begin to breathe deeply, slowly and consciously inhaling through your nose and gently exhaling through your mouth.
4. With each inhalation, feel how the air enters your body, filling you with energy and vitality. Imagine that you are absorbing the life force of the universe through your breath.
5. As you exhale, release any tension or worries that you may be carrying with you. Feel how you get rid of the charges and allow them to dissipate into the air.
6. Focus fully on each breath, being aware of the in and out breath. Notice how your abdomen expands as you inhale and contracts as you exhale.
7. Hold this deep, conscious breath for at least 3 minutes, allowing each inhalation to fill you with calm and each exhalation to release any tension.
8. As you reach the end of the 3 minutes, take a moment to thank your body for its ability to breathe and provide you with life and energy.
9. If you wish, you can extend this practice for longer or incorporate it into your daily routine to help you find calm and awareness in the present.

What is the composition of Yogi Tea Licorice and Mint?

- Peppermint
- Licorice
- Cinnamon
- Cardamom
- Ginger

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<https://bio-farma.es/buy/ff/yogi-tea/yogi-tea-licorice-and-mint-17-bags>



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- Nail
- Black pepper
- cinnamon oil
- cardamom oil
- ginger oil

Contains licorice: people suffering from hypertension should avoid excessive consumption.

Bio and vegan infusion.

