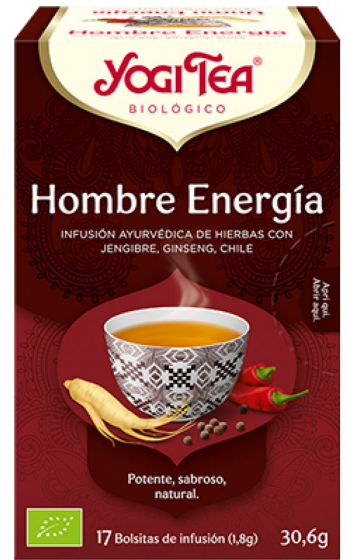


Yogi Tea Man Energy 17 Sachets

EAN: 4012824406094 **FABRICANTE:** YOGI TEA



Ayurvedic herbal infusion with ginger, ginseng and chili. This infusion of aromatic herbs and toasted spices provides vigor and energy.

DESCRIPTION

Simple yoga to purify the body :

Sit on the floor with your legs extended in front of you. Place your hands just behind your knees and gently roll back, keeping your legs straight but without bending your knees. Feel how you stretch your spine and how your abdominal muscles activate.

From this position, begin to slowly roll forward, bringing your head toward your legs. Try to keep your legs straight and your feet flexed. Continue rolling back and forth for about 2 minutes, maintaining a smooth, flowing motion.

After completing the forward and backward rolling motions, you can relax into a comfortable position, taking deep breaths and allowing your body and mind to relax. This exercise can help stimulate blood circulation, stretch your back muscles, and improve flexibility.

What is the composition of Yogi Tea Man Energy?

- Ginger
- Cardamom
- Licorice
- Carob
- Cinnamon
- Malted barley
- roasted chicory
- Peppermint
- Fenugreek
- Fennel
- Mace
- Anise
- ginseng root
- Astragalus



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EAN: 4012824406094 **FABRICANTE:** YOGI TEA



- Turmeric
- Chili
- cinnamon oil
- Black pepper

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

Bio and Vegan Infusion.

