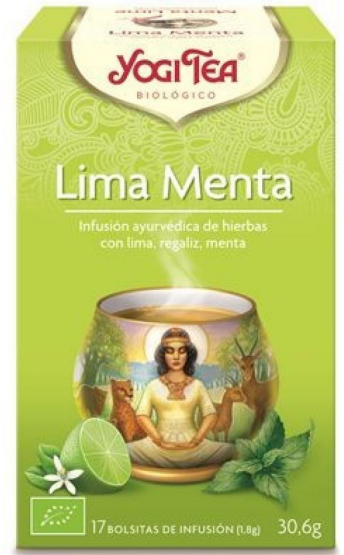


## Yogi Tea Mint and Lime 17 Bags

**EAN:** 4012824400535    **FABRICANTE:** YOGI TEA



*Ayurvedic herbal infusion with lime, licorice and mint. Invigorating infusion.*

### DESCRIPTION

If you want to refresh your spirit, you can try this **seated yoga** practice:

Find a comfortable position and sit up straight with your legs crossed. Place your hands together at chest height, keeping your lower arms parallel to the floor.

Begin to turn your torso and head to the left, then to the right. Inhaling as you twist to the left and exhaling as you twist to the right. Feel how your spine moves smoothly with each turn.

Continue practicing this rotational movement for 1-3 minutes, maintaining a steady, flowing rhythm. As you inhale and exhale, allow your breath to be deep and mindful, connecting with each movement.

This spinal twist practice helps refresh your spirit by releasing tension and promoting energy circulation in your body. Also, focusing on your breath helps you calm your mind and find a state of greater serenity.

### What is the composition of Yogi Tea Mint and Lime?

- Licorice
- Lime
- Peppermint
- Peppermint
- Cardamom
- dehydrated lemon juice
- Turmeric
- Ginger
- Cinnamon
- Nail
- Black pepper

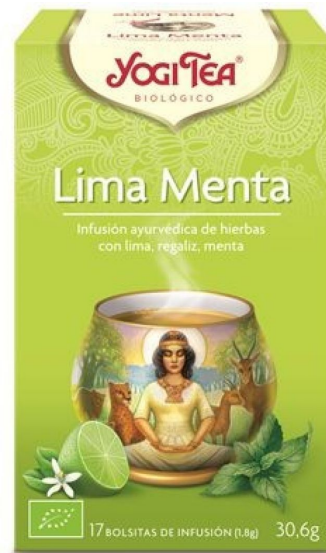
Bio and vegan infusion.





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

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122  
<https://bio-farma.es/buy/f/yogi-tea/yogi-tea-mint-and-lime-17-bags>

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