

Yogi Tea Natural Defenses 17 Filters

EAN: 4012824403215 **FABRICANTE:** YOGI TEA



Ayurvedic herbal infusion with echinacea, acerola and elderberries. The vitamin C in acerola helps to naturally support your immune system.

DESCRIPTION

Simple yoga exercise to strengthen the immune system :

1. Sit on your heels in a comfortable position.
2. Bring your hands together above your head, keeping your arms straight.
3. Begin to rotate your upper body in a circular motion, first to the left, then to the right.
4. Perform this circular movement for 3 minutes, maintaining a steady and smooth rhythm.
5. During the exercise, keep your attention on your breathing and the sensations in your body.
6. After the 3 minutes, relax your arms and take a moment to notice the effects of the practice on your body and mood.

Remember that this is just a simple exercise and each person may have different preferences and needs in their yoga practice. It is always important to listen to your body and adapt the practice to your own limitations and abilities. If you want to learn more about different yoga poses, I recommend visiting our website, where you can find resources and more detailed guides.

What is the composition of Yogi Tea Natural Defenses?

- Echinacea
- canine rose
- Dehydrated acerola juice
- Basil
- Cinnamon
- Ginger
- Cardamom
- Saucó strike
- Black pepper
- moringa
- Hibiscus
- cocoa shell
- Licorice

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122
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- Fennel

Bio and Vegan Infusion.

