

Yogi Tea Pink 17 Bags

EAN: 4012824400795 **FABRICANTE:** YOGI TEA



Ayurvedic herbal infusion with rose petals, hibiscus, lavender flowers. Enveloping, sensual and comforting infusion.

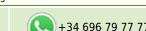
DESCRIPTION

Do you want to heal the wounds of life by doing Yoga with a partner?

- 1. Sit with your partner, placing your back together.
- 2. Bring your knees up to your chest and hug them with your arms. Your partner should also do the same.
- 3. Take a moment to center yourself and pay attention to your heartbeat.
- 4. Visualize a shining sun in your heart, radiating a warm, brilliant golden light.
- 5. Allow yourself to feel how that light and warmth dissolve and release all the sorrows and afflictions that you may be carrying.
- 6. Continue this visualization and connection for about 3 minutes, breathing deeply and feeling it soothe and heal you.
- 7. At the end of the exercise, express your gratitude to your partner for joining you in this healing process.

What are the ingredients of Yogi Tea Rosa?

- Hibiscus
- chamomile flowers
- elderflowers
- linden flowers
- Rose petals
- Cinnamon
- lavender flowers
- Yarrow
- Ginger
- Black pepper
- Fennel
- Turmeric







Yogi Tea Pink 17 Bags

EAN: 4012824400795 FABRICANTE: YOGI TEA

Rosa
Infusión ayurvédica de hierbas con pétalos de rosa, hibisco, lavanda

- · Geranium essential oil
- sunflower petals
- Alfalfa
- lesser plantain
- Cardamom
- Nail
- Dehydrated Kombucha Drink

Bio and vegan infusion.

