

Yogi Tea Positive Energy Blueberry Hibiscus 17 Sachets

EAN: 4012824402201 FABRICANTE: YOGI TEA



Ayurvedic Herbal Infusion with mate, hibiscus, cranberries and black tea.

DESCRIPTION

Energy boost with yoga: If you need an energy boost, yoga can be an effective practice. A posture that you can try to increase your energy is the following:

Start by standing in a comfortable upright position, with your feet a moderate distance apart. Stretch your arms up, preferably until they touch your ears, and interlock your hands.

Inhale deeply through your nose while keeping your arms stretched up. Then, exhale as you lower yourself into a squat, keeping your feet firmly planted and balanced on the ground. This pose is known as the crow pose.

On the inhale, return to a standing position with your spine and head straight, facing forward. On each exhalation, feel energetic and powerful as you rise. Continue doing this exercise for 3 minutes, breathing vigorously through your nose.

With each repetition of this sequence, you will notice how your body is activated and filled with renewed energy. This practice stimulates blood circulation and oxygenates your entire system, giving you a feeling of vitality and vigor.

Remember to listen to your body and adapt the posture according to your own abilities. If you experience any discomfort or pain, stop and seek guidance from an experienced yoga instructor.

Integrate this sequence into your yoga routine and take advantage of the revitalizing energy it gives you!

What is the composition of Yogi Tea Positive Energy Blueberry Hibiscus?

- Black tea (Assam)
- Hibiscus
- yerba mate
- Licorice
- lemon grass
- dehydrated lemon juice
- canine rose

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Yogi Tea Positive Energy Blueberry Hibiscus 17 Sachets

EAN: 4012824402201 **FABRICANTE:** YOGI TEA

- Beet
- red cranberries
- Cinnamon
- Black pepper
- Orange peel
- Rosemary
- orange essential oil
- Ginger
- Guarana
- ginseng root
- Cardamom
- Nail

Bio and vegan infusion.



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