

## Yogi Tea Relax 17 Bags

EAN: 4012824401150 FABRICANTE: YOGI TEA



*Ayurvedic Herbal Infusion with Tila flowers, Chamomile flowers and Rosa Canina.*

### DESCRIPTION

Try Sitali Pranayama, a breathing exercise that promotes inner peace. Sit with your eyes closed. Breathing in through your mouth, create a "U" shape with your tongue, letting it slightly out of your mouth. Then exhale through the nose. It is recommended to practice this breathing exercise 26 times in the morning and at night for best results and to enjoy its calming and balancing benefits.

### What is the composition of Yogi Tea Relax?

- chamomile flowers
- Fennel
- linden flowers
- Cardamom
- **malted barley**
- **hibiscus**
- Licorice
- Alfalfa
- raspberry leaves
- Orange peel
- canine rose
- Cinnamon
- Ginger
- Nail
- Black pepper

Bio and Vegan Infusion.

