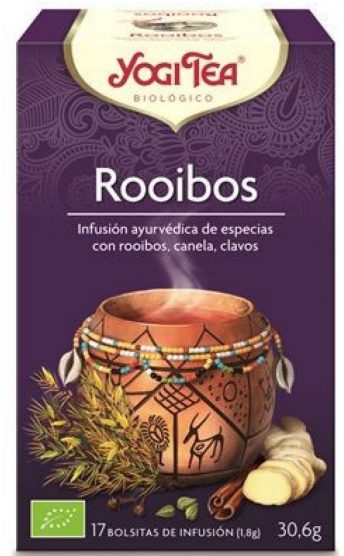


## Yogi Tea Rooibos 17 Bags

EAN: 4012824400245 FABRICANTE: YOGI TEA



*Africa is the place where the red bush flourishes: Rooibos. In this Ayurvedic blend. The subtle aroma of Rooibos blends harmoniously with aromatic spices such as cinnamon, ginger and cloves.*

### DESCRIPTION

**Yoga for emotional balance** : Sit cross-legged with your back straight. Place your left hand on your left knee, joining the pads of your thumb and forefinger. Close your eyes. With your right thumb, gently cover your right nostril while reaching up with your other fingers. Take a deep inhalation through the left nostril. At the end of the inhale, use your left pinky to gently cover your left nostril, leaving your thumb free, and exhale through your right nostril. Once you have completed the exhalation, repeat the cycle again, inhaling through the left nostril and exhaling through the right nostril. Continue this sequence for 11 minutes. End by taking several deep breaths and relax.

### What are the ingredients in Yogi Tea Rooibos?

- Rooibos
- Cinnamon
- Ginger
- Carob
- roasted chicory
- Cardamom
- Nail
- Black pepper
- cinnamon oil
- ginger oil
- cardamom oil
- Vanilla extract

This infusion is Bio and Vegan.

