

Yogi Tea Selection 17 Bags

EAN: 4012824404380

FABRICANTE: YOGI TEA



Box with a selection of Ayurvedic infusions: Classic, ginger and lemon, detox, turmeric Chai, balance woman, good dreams.

DESCRIPTION

How to do a Yoga exercise for a long life?

1. Lie face up on the floor.
2. Extend your legs up, bringing them over your head toward the ground.
3. Grasp your toes with your hands and gently rock your body back and forth, maintaining your grip.
4. If you can't reach your toes, try holding onto your ankles or bending your knees and holding them in place.
5. As you swing, synchronize your breathing with the movement, inhaling as you lean forward and exhaling as you lean back.
6. Continue this movement for approximately 3 minutes, allowing your body to relax and stretch. Remember to adapt the intensity and position according to your level of flexibility and comfort. If you feel any kind of pain or discomfort, stop and adjust the posture according to your needs.

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