

## Yogi Tea Shiitake Vital 17 Sachets

EAN: 4012824404830 FABRICANTE: YOGI TEA



*Ayurvedic herbal infusion, with lemongrass, shiitake, licorice. Delicious infusion and acid, harmonic and balancing.*

### DESCRIPTION

#### Do you want to perform a Yoga meditation exercise for sensitivity?

1. Sit in a comfortable position with a straight back.
2. Place your hands between your chest and belly button, and gently make fists.
3. Extend the index fingers and cross them in the second phalanx, so that they touch each other.
4. Take a slow, deep breath in through your nose, allowing the air to fill your body as you mentally count to 15.
5. Exhale strongly through the mouth, forming the lips in a position similar to a kiss, and direct the air towards the tips of the crossed fingers.
6. As you exhale, feel the air leave your body and feel the tips of your fingers cool or have a different sensation.
7. Repeat this breathing exercise for 3 to 5 minutes, maintaining a steady rhythm and paying attention to the sensation in your fingertips. Remember to adapt the duration and intensity of the meditation according to your comfort and availability of time. If at any time you feel uncomfortable or experience shortness of breath, stop the exercise and breathe normally.

#### What are the ingredients of Yogi Tea Shiitake Vital?

- lemon grass
- Licorice
- shiitake mushroom
- Fenugreek
- elderflowers
- linden flowers
- Basil
- moringa
- Dehydrated Kombucha Drink





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Bio and Vegan Infusion.

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