

Yogi Tea Woman 17 Bags

EAN: 4012824401105 FABRICANTE: YOGI TEA



Ayurvedic herbal infusion with ginger, orange peel and chamomile flowers. Vibrant, compassionate and wonderful infusion.

DESCRIPTION

Yoga to increase your vitality and stretch the sciatic nerve, you can try this stretch:

Sit on a cushion or blanket, extending your legs forward. Lean forward, trying to reach your toes, ankles, or calves with your hands, keeping your legs straight.

As you exhale, allow your body to stretch forward and down from the pelvis. Feel the back of your legs and the sciatic nerve area being gently stretched.

As you inhale, keep your spine and neck straight as you stretch up. Take advantage of the inhalation to lengthen and lift your body.

Continue this movement slowly and carefully for 1-3 minutes, keeping your breath slow and deep. As you stretch and breathe, focus on relaxing any tension or tightness in the sciatic nerve area.

The sciatic nerve has an impact on emotional balance, the nervous system, and digestion, so keeping it flexible is important for the proper functioning of these systems.

What is the composition of Yogi Tea Woman?

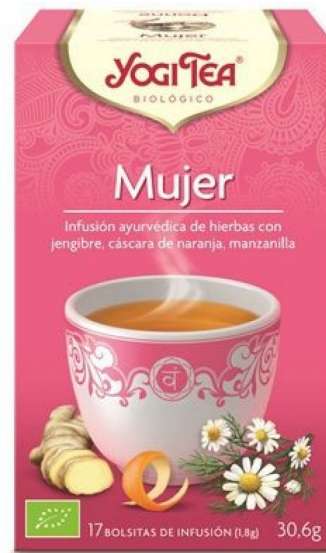
- GingerC
- Orange peel
- Cinnamon
- Fennel
- chamomile flowers
- Dandelion
- Malted barley
- Licorice
- orange essential oil
- Black pepper
- Juniper berries
- Cardamom

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241122
<https://bio-farma.es/buy/f/yogi-tea/yogi-tea-woman-17-bags>



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- Nail
- Angelica Root Extract

Bio and vegan infusion.

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