

## Yogi Tea Woman Balance 17 Sachets

EAN: 4012824401624 FABRICANTE: YOGI TEA



*Ayurvedic herbal infusion with raspberry leaves, lemon verbena and lavender flowers. Support your feminine cycle and give you serenity.*

### DESCRIPTION

#### Breathing technique to balance mental energy :

Sit in a comfortable position with your legs crossed and your back straight. Place your hands resting on your knees, with your arms stretched out. Join the tips of the index finger and thumb of each hand to form a circle, while keeping the other fingers straight. Keep your eyes open and straight ahead.

Begin by inhaling deeply through the nose, drawing the air in for approximately 5 seconds. Then hold your breath, holding the air in your lungs, for 10 seconds. Finally, gently exhale through your nose for about 5 seconds.

Continue this breathing pattern for 3 to 11 minutes, keeping your attention on the in and out breath throughout the process. Focus on each inhalation and exhalation, noting the sensation and rhythm of the breath.

This breathing technique can help calm the mind, balance energy, and promote concentration. Feel free to adjust the duration of the inhale, hold, and exhale to suit your comfort, but try to keep the same rhythm with each phase of the breath.

#### What are the ingredients of Yogi Tea Woman Balance?

- raspberry leaves
- Licorice
- lemon verbena
- Cinnamon
- Balm
- Ginger
- Thyme
- lavender flowers
- Oregano
- Cardamom
- Black pepper

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241216  
<https://bio-farma.es/buy/f/yogi-tea/yogi-tea-woman-balance-17-sachets>





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- Nail


Contains licorice: people suffering from hypertension should avoid excessive consumption.

It is a Bio and vegan infusion.

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