

Yogi Tea Woman Energy 17 Sachets

EAN: 4012824406100 FABRICANTE: YOGI TEA



Ayurvedic herbal infusion with hibiscus, angelica root and ginger. Fruity, revitalizing and comforting infusion.

DESCRIPTION

Hibiscus, licorice and raspberry leaves are used in naturopathy to relieve cramps and discomfort related to menstruation.

Yoga practice to develop physical resistance , you can try this posture:

Sit in a comfortable cross-legged position. Cross your fingers and place them behind your head, allowing your elbows to swing out to the sides.

Keep your eyes open but half closed, allowing your gaze to relax. This will help you maintain focus and concentration.

Begin by inhaling slowly and deeply, filling your lungs with air. Hold your breath for a moment, and then gradually exhale, releasing the air from your lungs. Hold your breath again before beginning a new cycle of inhalation.

Continue to breathe slowly and deeply in this breath-hold pattern for 3-4 minutes. As you breathe, focus on bringing oxygen to all corners of your body and on cultivating a sense of inner strength and resilience.

This mindful breathing and breath-holding practice helps strengthen your physical and mental stamina. It allows you to challenge and expand your limits, developing a greater capacity for perseverance and resistance in different aspects of your life.

What is the composition of Yogi Tea Woman Energy?

- Hibiscus
- Licorice
- Peppermint
- raspberry leaves
- Black pepper
- Angelica Root Extract
- Cinnamon



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- Ginger
- Cardamom
- Nail

Bio and vegan infusion.

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

