



Yoga to March Your Way to Energy

Standing straight with arms relaxed at your side, inhale and lift right knee up as close to chest as possible, exhale and lower your knee down. Repeat this motion with your left knee and continue marching in place for 1 to 3 minutes.

Please ask your doctor if this exercise is suitable for you.



Our story began in 1969 when Yogi Bhaan, an inspirational teacher of holistic living, started teaching yoga in the West. While sharing his wisdom and knowledge of herbs and healthy living, he would serve his students an aromatic spiced tea they affectionately named "Yogi Tea".

Yogi®

Cold Season

SUPPORTS THE BODY DURING
THE COLD WEATHER SEASON*



CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.12 OZ (32g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,901 mg	
Organic Ginger Root		†
Organic Licorice Root		†
Organic Eucalyptus Leaf		†
Organic Orange Peel		†
Organic Valerian Root		†
Organic Lemongrass		†
Organic Peppermint Leaf		†
Organic Tulsi Leaf		†
Organic Cardamom Pod		†
Organic Oregano Leaf		†
Organic Clove Bud		†
Organic Parsley Leaf		†
Organic Yarrow Flower		†
Organic Black Pepper		†
Organic Cinnamon Bark		†

† Daily Value not established.

Other Ingredients: Organic Orange Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing, taking any medication or if you have a medical condition.



East West Tea Company, LLC
Eugene, OR 97402
Certified Organic by QAI, Inc.



Experience the Warming Goodness of Cold Season

We blend warming herbs traditionally used in Ayurveda - Ginger, Cardamom, Cinnamon and Clove - with Licorice and Eucalyptus to help support respiratory function. With Orange Peel, Peppermint and Tulsi, a steaming cup of Cold Season tea is a delicious way to help keep your internal fire blazing.*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Get the most out of every cup.
Bring water to boiling and steep 7 minutes.
For a stronger tea, use 2 tea bags.
Drink 3-4 cups daily.

At Yogi, it's about more than creating deliciously purposeful teas. Learn about our efforts to do good at home and around the world at yogiproductions.com/doing-good.

