



Yoga for Cheerful Well-Being

Lie on your back and place your hands under buttocks. Begin a bicycling motion, keeping legs in the air. Move feet in big circles and continue for 1 to 3 minutes. Then, take a few deep breaths and relax.

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



Our story began

in 1969 when Yogi Bhanjan, 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

Green Tea Pure Green

SUPPORTS VITALITY*



CONTAINS CAFFEINE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.09 OZ (31g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Green Tea Leaf	1,937 mg	

† Daily Value not established.

Each tea bag contains approximately 58 mg of caffeine, as compared to approximately 90 mg in 8 oz of coffee.



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



So Good It's Pure Green

Thousands of years ago, Chinese physicians recommended Green Tea as a natural path to vitality and longevity. With its natural antioxidant properties, it supports the body's defenses against damaging free radicals. Embark on a journey to vitality with a cup of our Pure Green tea.*

*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 just to boiling and steep 3 minutes. For a stronger tea, use 2 tea bags.

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 yogiproducts.com/doing-good.

