



Yoga to Bring Peace of Mind

Sitting cross-legged, rest your right hand on your right knee. Block your left nostril with your thumb. Breathe slowly and deeply through your right nostril only, eyes closed. Focus on your breath for 3 minutes. Sit up straight, 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".



Honey Lavender Stress Relief

SOOTHING SERENITY BLEND*



CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS - NET WT 1.02 OZ (29g)



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Organic Passionflower Plant Extract	36 mg	†
Proprietary Blend of Herbs:	1,650 mg	
Organic Rooibos Leaf		†
Organic Chamomile Flower		†
Organic Lemon Balm Leaf		†
Organic Spearmint Leaf		†
Organic Lemongrass		†
Organic Peppermint Leaf		†
Organic Lavender Flower		†
Organic Sage Leaf		†
Organic Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Natural Honey Flavor, Organic Lavender Flavor, Organic Lemon Myrtle Flavor, Organic Vanilla Flavor.

WARNING: Consult your healthcare provider prior to use if you are pregnant or nursing.

Honey Lavender Stress Relief contains Organic Rooibos Leaf from Rainforest Alliance Certified™ farms.
www.rainforest-alliance.org



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



Find Serenity with Honey Lavender Stress Relief

Relax and breathe in the enchanting aroma of our Honey Lavender Stress Relief tea. Traditionally used relaxing herbs Lavender, Chamomile and Lemon Balm combine in this delicious blend to soothe your mind and body during a stressful day or to unwind into a restful night.*

Buying products with the Rainforest Alliance Certified™ seal of approval safeguards the rights and well-being of workers, conserves natural resources and protects wildlife and the environment.

*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.

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.

