



Yoga to Relax the Body

Lie flat on back and draw both knees up to your chest. Keep your head flat on the ground and wrap hands around shins. Gently draw your knees to chest in a slow and easy pull and release rhythm. Relax the lower back. Use normal breath and continue for 1 to 5 minutes.

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



Our story began in 1969 when Yogi Bhan, 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".

CAFFEINE FREE
HERBAL SUPPLEMENT

16 TEA BAGS—NET WT 1.27 OZ (36g)



Yogi®

Kava Stress Relief®

EASES TENSION AND
PROMOTES RELAXATION*



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Kava Root Extract	78 mg	†
Proprietary Blend of Herbs:	2,025 mg	
Organic Carob Pod		†
Organic Indian Sarsaparilla Root		†
Organic Cinnamon Bark		†
Organic Ginger Root		†
Organic Cardamom Pod		†
Organic Stevia Leaf		†

† Daily Value not established.

Other Ingredients: Natural Hazelnut Flavor, Organic Toasted Brown Rice, Natural Licorice Flavor, Organic Cinnamon Bark Oil.

WARNING: Ask a healthcare professional before use if you have or have had liver problems, frequently use alcoholic beverages or are taking any medication. Stop use and see a doctor if you develop symptoms that may signal liver problems (e.g., unexplained fatigue, abdominal pain, loss of appetite, fever, vomiting, dark urine, pale stools, yellow eyes or skin). Not for use by persons under 18 years of age or by pregnant or breastfeeding women. Not for use with alcoholic beverages. Excessive use or use with products that cause drowsiness may impair your ability to operate a vehicle or heavy equipment.



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



Set Your Mind Free with Kava Stress Relief®

Kava has traditionally been used for its power to calm the body and mind and encourage a good night's sleep. We add Cinnamon and Sarsaparilla for warmth and spice and Carob for rich flavor. Relax and find tranquility with a warm, soothing cup of Kava Stress Relief® 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 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.

