



Yoga to Align the Body

With soles of your feet together, lie down flat on your back, arms by the side, palms up. Knees are spread wide. Take long slow deep breaths for 1 to 3 minutes.

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



Our story began

in 1969 when Yogi Bhanan, 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®

Tahitian Vanilla Hazelnut

RICHLy LUSCIOUS AND SOOTHING*



Supplement Facts

Serving Size 1 tea bag (Makes 8 fl oz)

	Amount Per Tea Bag	% Daily Value
Proprietary Blend of Herbs:	1,861 mg	
Organic Roasted Chicory Root		†
Carob Pod		†
Organic Cinnamon Bark		†
Cardamom Seed		†
Organic Ginger Root		†
Stevia Leaf		†
Organic Clove Bud		†
Organic Black Pepper		†

† Daily Value not established.

Other Ingredients: Natural Butterscotch Flavor, Natural Vanilla Flavor, Natural Hazelnut Flavor, Cinnamon Bark Oil.

East West Tea Company, LLC
Eugene, OR 97402



Indulge With Tahitian Vanilla Hazelnut

In this intriguingly delicious blend we combine Vanilla and Hazelnut flavors, velvety Carob and the classic Ayurvedic warming spice blend of Cinnamon, Cardamom, Ginger and Clove.* Sit back, relax and enjoy a cup of the delectable Tahitian Vanilla Hazelnut tea for an anytime treat.

*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. Add your favorite sweetener and milk or milk substitute.

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.

