



Yoga to Set Your Tension Free

Sit cross-legged or in a chair with a straight spine. Place hands on your knees with your arms straight. Breathe long and deep and consciously. Understand your breath is for your being. Hold the pose for 3 minutes.

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



Our story began

in 1969 when Yogi Bhaajan, 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

Calming

HELPS SOOTHE MILD TENSION*



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
Proprietary Blend of Herbs:	1,727 mg	
Organic Chamomile Flower		†
Organic Licorice Root		†
Organic Gotu Kola Leaf		†
Organic Hibiscus Flower		†
Organic Fennel Seed		†
Organic Cardamom Pod		†
Organic Lemongrass		†
Organic Orange Peel		†
Organic Rose Hip		†
Organic Lavender Flower		†

† Daily Value not established.

Other Ingredients: Organic Toasted Brown Rice, Organic Plum Flavor, Organic Brown Rice Flavor.

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



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



Find Serenity with Calming

This soothing blend combines Chamomile, traditionally used by herbalists to help ease the mind and relax the body, with Lemongrass and Gotu Kola. Lavender Flower and Licorice add a pleasant, naturally sweet flavor. Relax with a delicious cup of our Calming tea—and discover a natural way to find calm, any time of day.*

*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.

