



Tulsi & *yoga*

Tulsi tea, *yoga* in a cup

What is Tulsi?

Tulsi, also called Holy Basil, is one of the most sacred plants in India and is considered “The Queen of Herbs” for its restorative and spiritual properties. It has been used for thousands of years to support a healthy response to stress, natural detoxification, and restore balance and harmony.

"Regular consumption of tulsi tea may be compared with the regular practice of yoga, which can be considered 'adaptogenic' through nurturing and nourishing the body - mind - spirit while fostering a sense of relaxation and wellbeing. Like yoga, tulsi has a calming effect that leads to clarity of thought, along with a more relaxed and calm disposition." (1)

Why is Tulsi in every ORGANIC INDIA blend?

- ✓ Naturally Stress Relieving
- ✓ Immune Boosting
- ✓ Powerful Adaptogenic Herb
- ✓ Packed with Antioxidants
- ✓ Natural Detoxifier

Tulsi (Holy Basil): Benefits to Body & Mind

Modern research has classified Tulsi as an adaptogenic herb. Adaptogens have been shown to support the body's healthy response to stress. Adaptogenic herbs have been used in the Ayurvedic tradition for thousands of years to promote longevity and maintain wellness. They help the body adapt to environmental, physical and emotional stressors, support normal functions and restore balance.



(1) Cohen, M. (2014) Tulsi - Ocimum sanctum: A herb for all reasons. Journal of Ayurveda and integrative medicine 5(4):251-9

Tulsi tea, *yoga* in a cup

PRACTICE MINDFULLY

1. Brew your preferred Tulsi Tea according to directions on the pack before your yoga practice and sip your Tulsi during your rest breaks
2. Create a safe area with ambience conducive to practice
3. Ensure you have supportive accessories to perform yoga such as a mat, cushions and blocks
4. If you wish, listen to music, light a candle or burn an essential oil, such as Tulsi Essential Oil
5. Practice safely, attempting poses carefully, according to your own ability
6. Always finish with Savasana, followed by Namaste





SIDDHASANA

CLASSIC SEATED MEDITATION POSE



Stress Relieving & Calming

Begin by sitting on the floor with your legs straight out in front of you and hands at your sides. Bend your left knee and bring your left heel close to your body by your groin area. Bend your right knee and move it toward the front of the left ankle. From this position, inhale and while you exhale, lift your right foot and place it just above your left ankle. Bring your right heel into your groin area. This step should feel comfortable. Do not force it. Slide the toes of your right foot into the space between the left calf muscles. This will help to keep your posture steady. Take your hands from your sides and place them palms down on the knees. Your knees should touch the floor. You can also stretch your arms straight to the sides and rest the backs of your palms or wrists on your knees, so your palms face upwards. Sit upright with your gaze facing forward. There should be a nice, straight line from the top of your head to the floor. Stay here and breathe deeply for one minute or longer.



KAPALBHATI PRANAYAMA

FRONTAL BRAIN CLEANSING BREATH



Warming & Supports Elimination

To perform the Kapalbhati, sit in Vajrasana, Siddhasana or Sukhasana. Remember to keep your spine straight, your shoulders relaxed, and neck unstrained. Now press gently on the right nostril while you exhale through the left with force. Repeat on the other side. This step is to clear the nostrils. Now that both the nostrils are open, take a deep breath and start exhaling with force while squeezing in the stomach. Breathe in softly, and breathe out completely and with force. Relax the breath for a few rounds. This is one round. Perform two to three rounds.



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STRESS RELIEVING
& IMMUNE BOOSTING

CAFFEINE FREE

Net Weight 45.00 Gm



25
INFUSION
BAGS

→ HEALTHY CONSCIOUS LIVING ←



ADHO MUKHA SVANASANA

DOWNWARD FACING DOG



Stress Relieving & Immune Boosting

Come to your hands and knees with your wrists underneath your shoulders and your knees underneath your hips. Curl your toes under and push back through your hands to lift your hips and straighten your legs. Spread your fingers and ground down from the forearms into the fingertips. Outwardly rotate your upper arms to broaden the collarbones. Let your head hang and move your shoulder blades away from your ears towards your hips. Engage your quadriceps strongly to take the weight off your arms. This action goes a long way toward making this a resting pose. Rotate your thighs inward, keep your tail high, and sink your heels towards the floor. Check that the distance between your hands and feet is correct by coming forward to a plank position. The distance between the hands and feet should be the same in these two poses. Exhale and bend your knees to release and come back to your hands and knees. Bend your knees in this pose for a gentler version.



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**STRESS RELIEVING
& REFRESHING**

CONTAINS CAFFEINE

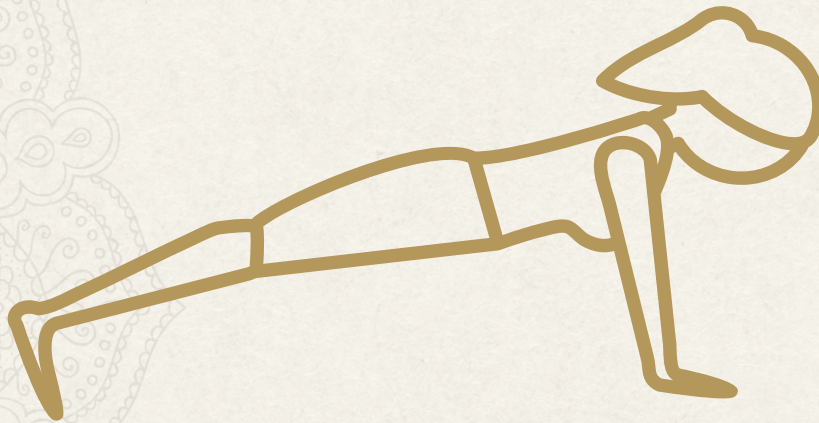


25
INFUSION
BAGS

→ **HEALTHY CONSCIOUS LIVING** ←

KUMBHAKASANA

PLANK POSE



Stress Relieving & Refreshing

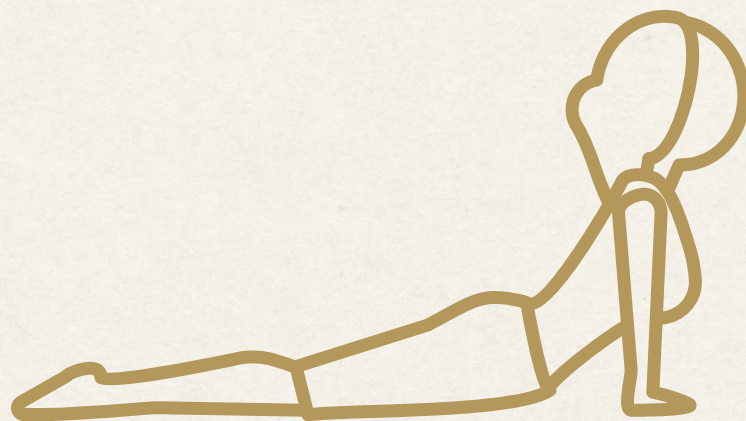
Begin on your hands and knees, with your wrists directly under your shoulders. Breathe smoothly and evenly through your nose. Spread your fingers and press down through your forearms and hands. Do not let your chest collapse. Gaze down between your hands, lengthening the back of your neck and drawing your abdominal muscles toward your spine. Tuck your toes and step back with your feet, bringing your body and head into one straight line. Keep your thighs lifted and take care not to let your hips sink too low. Draw your pelvic floor muscles toward your spine as you contract your abdominal muscles. Keep your head in line with your spine. Broaden across your shoulder blades and across your collarbones. Draw down through the bases of your index fingers — do not let your hands roll open toward the pinkie fingers. Press the front of your thighs (quadriceps) up toward the ceiling while lengthening your tailbone toward your heels. Hold the pose while breathing smoothly for five breaths. If you are using the pose to build strength and stamina, hold for up to five minutes.

To release, slowly lower onto your knees, then press back into Child's Pose and rest.



URDVHA MUKHA SVANASANA

UPWARD FACING DOG



Stress Relieving & Refreshing

Begin by lying face-down on the floor with your legs extended behind you, spread a few inches apart. The tops of your feet should rest on the mat, do not tuck your toes, as this can crunch your spine. Place your hands on the floor alongside your body, next to your lower ribs. Point your fingers to the top of the mat and hug your elbows in close to your ribcage. Inhale as you press your hands firmly into the floor. Straighten your arms, lifting your torso and your legs a few inches off the floor. You can also enter the pose by starting in Plank, then lowering into Chaturanga. From Chaturanga, draw your body forward by pressing through your palms and rolling over your toes. Align your shoulders directly over your wrists and straighten your arms. Press down firmly through the tops of your feet. Strongly engage your leg muscles to keep your thighs lifted off the floor. Keep your elbows pressed alongside your body. Drop your shoulders away from your ears and lift your chest toward the ceiling. Draw your shoulders back and your heart forward, but do not crunch your neck. Your thighs should be firm and turned slightly inward. Your arms should also be firm, slightly turned so that each elbow crease faces forward. Only straighten your arms as much as your body allows. Actively press your shoulder blades into your upper back. Keep your elbows hugged in to your sides. Broaden across your collarbones and lift your heart. Glide the tops of your shoulders away from your ears. Distribute the length of the backbend evenly through your entire spine. Hold the pose for up to 30 seconds. To release, exhale as you slowly lower your torso and forehead to the mat. Turn your head to the right, resting your left ear on the mat. Relax your arms alongside your body. Repeat the pose up to five times.



UTTANASANA

STANDING FORWARD BEND



Vitalising & Stress Relieving

Take a standing position; keep your feet and shoulders hip distance apart and parallel to each other. Press your feet down in to the ground, breathe out and gently bend down from the hips and place your chest and stomach on your thighs, bending your knees if necessary. If your knees are bent, make sure that they're straight over your toes. Slowly begin to straighten out your legs however check that your chest and abdomen never leave your thighs. Elevate your hips as you straighten through your hamstring muscles all whilst pressing your heels into the ground. Once stable, cross your forearms, grab your elbows and hang your head down. If you're flexible, attempt to bring your palms to the ground or hold your heels from behind. Start by holding this pose for thirty seconds and step by step work your way to one minute at a time. While holding this position, gently inhale and exhale. While breathing in, try to lift and lengthen your torso with each exhale, try to go deeper and deeper into the stretch. Release this pose by placing your hands back on to your hips and with a deep breath in, extend your back and come up to the initial position.



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& UPLIFTING
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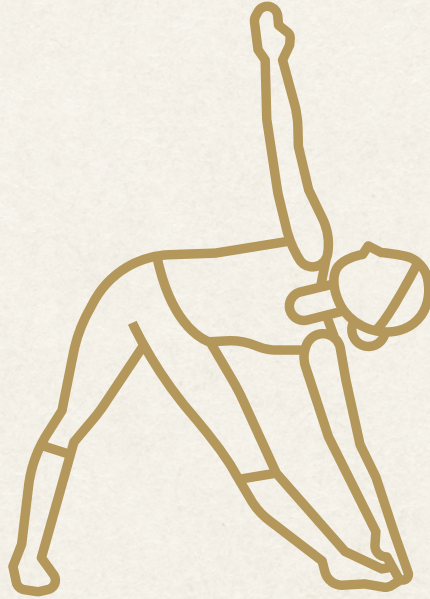


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EARTH SEER
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HEALTHY CONSCIOUS LIVING
25 INFUSION BAGS

TRIKONASANA

TRIANGLE POSE



Stress Relieving & Uplifting

Begin standing at the top of your mat with your feet hip-distance apart and your arms at your sides. Step out along the length of your mat, with your feet wide apart and ensure that your heels are aligned with each other. Turn your left foot out 90 degrees so your toes are pointing to the top of the mat. The centre of your left knee cap should be aligned with the centre of your left ankle. Pivot your right foot slightly inwards. Your back toes should be at a 45-degree angle. Lift through the arches of your feet. Raise your arms to shoulder-height on the sides, so they're parallel to the floor, aligned directly over your legs. With your palms facing down, reach actively from fingertip to fingertip. On an exhalation, reach through your left hand in the same direction as your left foot is pointed. Fold at your right hip. Turn your right palm forward, with your fingertips reaching toward the sky. Rest your left hand on your outer shin or ankle. If you are more flexible, place your left fingertips or palm on the floor to the outside of your left shin. Gently turn your head to gaze at your left thumb. Draw down through the outer edge of your back foot. Extend equally through both sides of your waist. Lengthen your tailbone toward your back heel. Keep your right arm in line with your shoulders. Hold for up to one minute. To release, inhale and press firmly through your right heel as you lift your torso. Lower your arms. Turn to the right, reversing the position of your feet, and repeat for the same length of time on the opposite side.



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TULSI
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FULL OF FLAVOR AND
DELICIOUS

CAFFEINE FREE

Net Weight 50.00 Gm

HEALTHY CONSCIOUS LIVING

25
INFUSION
BAGS

EARTH
GEEK!

VIRABHADRASANA 1

WARRIOR 1 POSE



Heating & Grounding

Stand in Tadasana at the top of your mat. Fold forward into Uttanasana. Bend your knees so that you can bring your hands to the ground on either side of your feet. Come up onto your fingertips. Step your left leg back into a lunge and bend your right knee over your ankle. Turn your left heel in and down to the ground. Have your left foot turned forward approximately 45° while also keeping your foot flat on the ground. Have both heels in line with each other. Bring your hands onto your waist, lift your torso, and push your hips down to bend into your right knee so that it is over your right ankle. Have your right knee point in the same direction as your second toe. Push your left (back) foot into your mat to straighten your back leg. Turn your left knee and left hip forward to help square your hips toward the top of your mat. Stretch your arms up and overhead, look up, and bring your hands together. Stretch your arms straight. Lift your inner arch while keeping your inner heel and big toe on the ground. Push the outer edge of your foot down firmly. To come out, bring your fingertips down to the ground on either side of your right foot and lift your back heel. Step forward and change sides.



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PREMIUM



A DELICIOUS AND
REVITALIZING
DRINK

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Net Weight 47.50 Gm

HEALTHY CONSCIOUS LIVING

25
INFUSION
BAGS

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VIRABHADRASANA 2

WARRIOR II POSE



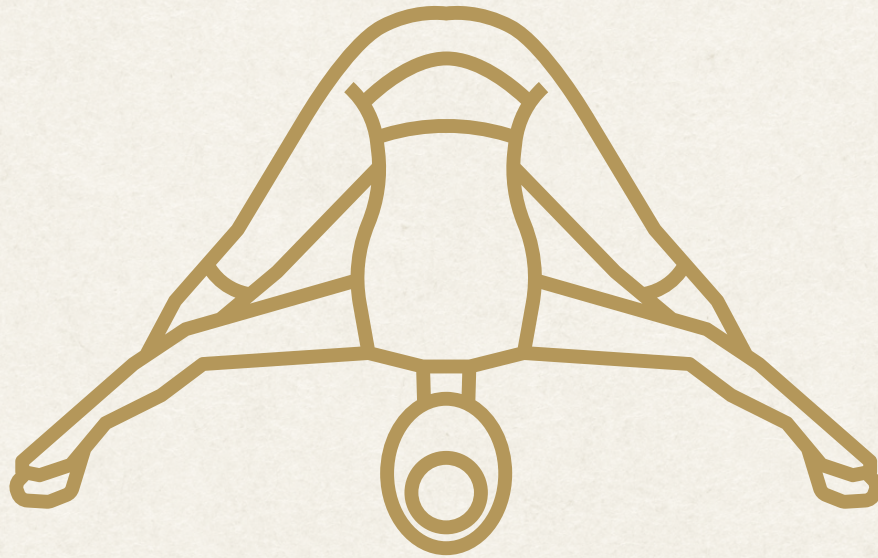
Strengthening & Revitalising

Begin in Tadasana, standing with your feet hip-distance apart and your arms at your sides. Draw your awareness inward, to the centre of your body and turn to the left. Exhale as you place your feet wide apart and check that your heels are aligned with each other. Turn your right foot out 90 degrees, so your toes are pointing to the top of the mat. Pivot your left foot slightly inwards. Your back toes should be at a 45-degree angle. Lift through the arches of your feet. Raise your arms to the side to shoulder height, so they're parallel to the floor, aligned directly over your legs. With your palms facing down, reach actively from fingertip to fingertip. On an exhalation, bend your front knee. Align your knee directly over the ankle of your front foot. Sink your hips low, eventually bringing your front thigh parallel to the floor. Make sure your front shin stays vertical. Widen your stance as needed to make sure that your knee does not move forward past your ankle. Press down through the outer edge of your back foot, and keep your back leg straight. Keep your head directly over your tailbone. Turn your head to gaze out across the tip of your right middle finger. Drop your shoulders and lift your chest. Draw your belly in toward your spine. Keep your torso open, not turned toward the front leg. Hold for up to one minute. To release, inhale as you press down through your back foot and straighten your front leg. Lower your arms. Turn to the left, reversing the position of your feet, and repeat for the same length of time on the opposite side.



PADOTTANASANA

WIDE-LEGGED FORWARD BEND



Stress Relieving & Rejuvenating

Begin in Tadasana. Bring your hands to your hips and bring your feet wide apart. Turn your toes slightly in and your heels slightly out so the edges of your feet are parallel to the edges of your mat. Align your heels. Inhale and lengthen your torso, reaching the crown of your head up toward the ceiling. Whilst exhaling, fold forward at the hips. Keep the front of your torso long and drop your head and gaze softly behind or beneath you. Keep your knees bent as necessary to protect your back. Bring your hands to rest on the floor between your legs.

Keep your elbows bent and pointing behind you. If your hands do not come to the floor, rest them on yoga blocks and shift your weight slightly forward onto the balls of your feet. (For an advanced pose, bring the hands toward the outside of the feet). Keep your hips aligned with your ankles, then walk your hands back even further. Strongly engage your quadriceps and draw them up toward the ceiling. Lengthen your spine on your inhalations and fold deeper on your exhalations. Bring the crown of your head down further, resting it on the floor if possible. Hold for up to one minute. When releasing, bring your hands to your hips. Press firmly through your feet and inhale to lift your torso with a flat back. Step your feet together and return to Tadasana.



VRKSASANA

TREE POSE



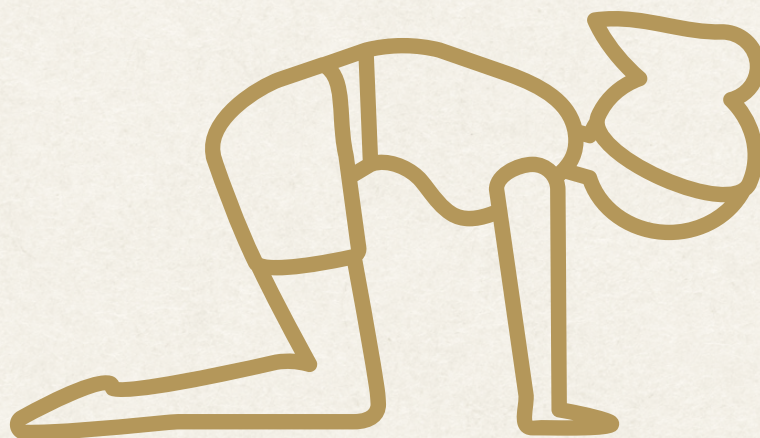
Cooling & Balancing

Begin standing in Tadasana, with your arms at your sides. Distribute your weight evenly across both feet, grounding down equally through your inner and outer ankles as well as your toes. Shift your weight to your left foot. Bend your right knee, then reach down and clasp your right inner ankle. Use your hand to draw your right foot alongside your inner left thigh. Do not rest your foot against your knee, only above or below it. Adjust your position so the centre of your pelvis is directly over your left foot. Then, adjust your hips so your right hip and left hip are aligned. Rest your hands on your hips and lengthen your tailbone toward the floor. Then, press your palms together in prayer position at your chest, with your thumbs resting on your sternum. Fix your gaze gently on one, unmoving point in front of you. Draw down through your left foot. Press your right foot into your left thigh, while pressing your thigh equally against your foot. Inhale as you extend your arms overhead, reaching your fingertips to the sky. Rotate your palms inward to face each other. If your shoulders are more flexible, you can press your palms together in prayer position, overhead. Hold for up to one minute. To release the pose, step back into Tadasana. Repeat for the same amount of time on the opposite side.



MARJARIASANA / BITILASANA

CAT-COW POSE



Stress Relieving & Relaxing

Start on your hands and knees with your wrists directly under your shoulders, and your knees directly under your hips. Point your fingertips to the top of your mat. Place your shins and knees hip-width apart. Centre your head in a neutral position and soften your gaze downward. Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up toward the ceiling. Broaden across your shoulder blades and draw your shoulders away from your ears. Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back. Release the crown of your head toward the floor, but don't force your chin to your chest. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose. Repeat 5-20 times, and then rest by sitting back on your heels with your torso upright.



EKA PADA RAJAKAPOTASANA

PIDGEON POSE



Stress Relieving & Mystical

Start on your hands and knees and bring your left knee forward towards your left wrist. Experiment what feels right for you, giving you a stretch on your outer hip without any discomfort to your knee. Your left ankle is somewhere in front of your right hip. Slide your right leg back and point your toes, your heel pointing to the ceiling. Draw your legs towards each other, keeping your hips level. Inhale, come to your fingertips, lengthen your spine, draw your navel in and open your chest. Exhale, walking your hands forward and lower your upper body towards the floor, resting your forearms or forehead on the mat (only to your ability). Stay for 5 breaths or longer. To come out, push back through the hands, lift your hips and move your leg back into all fours.

Repeat on the other side.



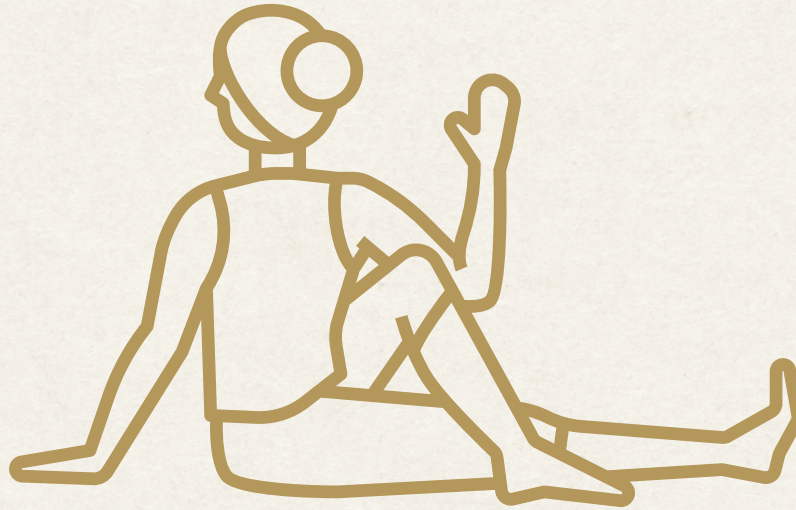
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MARICHYASANA III

SAGE'S POSE



Digestive Support

Sit up straight on your yoga mat with both legs straight out in front. Bend your left knee and lift your left leg to place the sole of your left foot on the ground on the outside of your right knee. The toes of your left foot should face straight ahead. Press your palms into the ground by the sides of your hips. Keep your right leg straight by extending through the right heel. Both the toes of the right foot and the right kneecap should point up to the ceiling. Take a deep breath. As you exhale, lift up your spine and chest and then rotate your torso 90 degrees to your left side. Twist from the lower pelvis area. Now move your right arm across your body to the left side so that the arm presses against the outside of the bent right knee. Keep pushing your right arm forward until the back of your right shoulder presses into the outside of your left knee. Keep your weight on your sitting bones and do not let the straightened left leg tilt out to the side. Carefully pressing the back of the right armpit against the left knee will give you the leverage needed to twist deeper, moving from your waist rather than your chest. Move your left fingertips closer to your lower back behind you to assist you in lifting your chest up. On each exhalation, you can twist just a little bit deeper. Bend the right elbow and hold the right hand up in the air so that your right hand is about at the same height as your head. Move your left arm against your back as you continue pressing your left hand down on the floor. Gaze over your left shoulder, looking straight ahead. Hold the posture for at least 30 seconds. Exhale as you carefully untwist and switch the legs to turn to the other side. Hold the pose for the same amount of time on the other side.



ARDHA MATSYENDRASANA

SEATED TWIST POSE



Liver & Kidney Support

Sit on your yoga mat and stretch your legs out straight in front of you. Bend your right leg and pull your right ankle close to your buttocks. Lean onto your right hip so that you can lift both of your sitting bones off of the floor. Grab your right ankle with your left hand and pull the right foot underneath your buttocks. Extend through your right heel so that your right foot forms a 90-degree angle with your right shin. The outside edge of your right foot, ankle and pinky toe should press into the mat. Now shift your weight back so that you sit with your right sitting bone resting on your right heel. Your left sitting bone should not rest on your right foot but rather just in front of your right foot, making light contact with the top of your right foot. This position makes the left buttocks free to descend lower toward the floor, keeping your pelvis from tilting out of alignment. Bend the left knee and pull it toward you. Lift up your left foot and place it next to the outside of the right thigh so that your left shin is perpendicular to the floor. Now sit up straight and rotate your torso to the left. Twist until you can place your right upper arm in front of the outside of your left knee. The back of your right armpit should press into your left knee. Take a deep breath, when exhaling stretch your right arm out away from the shoulder and wrap it back around the left knee. As you now bend your right elbow, your right wrist can press into the back of your waist. There should be no gap between your armpit and your knee. Take another breath and when exhaling, lift your chest up and then swing your left arm behind your back and grab your left wrist with your right hand. Lift up your spine from your tailbone to your sternum, expanding your chest. Then turn your head to the left, gazing up over your left shoulder. Each time you inhale, lift your sternum up a tiny bit more. Every time you exhale, twist your torso one inch more. Hold the posture for 30 seconds or longer according to your capacity. Release your arms and untwist on an exhalation. Repeat on the opposite side, holding the pose for the same amount of time.



BADDHA KONASANA

BOUND ANGLE POSE



Stress Relieving & Refreshing

Begin seated with your legs extended in front of you on the mat. Bend your knees and draw your heels in toward your pelvis. Press the soles of your feet together and let your knees drop open to both sides. Gently shift your buttocks from side to side, adjusting your position so your spine can lift and lengthen. Interlace your fingers around your toes and gently straighten your spine. Roll your shoulders back and down, lifting your heart. Stay here for 1 minute or as long as your breath can flow naturally. To come out of the pose, press your feet together and draw your knees together. Hug your knees to your chest.



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EARTH
SEER

STRESS RELIEVING
& SOOTHING

CAFFEINE FREE



25
INFUSION
BAGS

→ HEALTHY CONSCIOUS LIVING ←



BHUJANGASANA

COBRA POSE



Stress Relieving & Soothing

Lie face down on your yoga mat. Put your legs and feet together, keeping the fronts of your feet resting on the ground. Point your toes. Come onto your forearms with your elbows directly under your shoulders parallel to each other. Inhale and press down into your forearms to lift your chest up from the floor. Your pelvis stays in contact with the mat while you keep the weight of your body on your hands and legs. Use your legs and abdominal muscles to pull yourself up so that your torso and head are working towards being perpendicular to the ground. Inhale as you raise your sternum up and expand your chest. Use each inhalation to let your chest raise up as you tuck your shoulder blades into your back, keeping your shoulders down. Use each exhalation to let your tailbone and pelvis sink down more to the floor. Engage your abdominals and on an exhale work toward straightening the arms, pushing up on the palms. Remain in the pose from 15 to 30 seconds, breathing normally. Roll back down to the floor on a long exhalation.



BALASANA

CHILD'S POSE



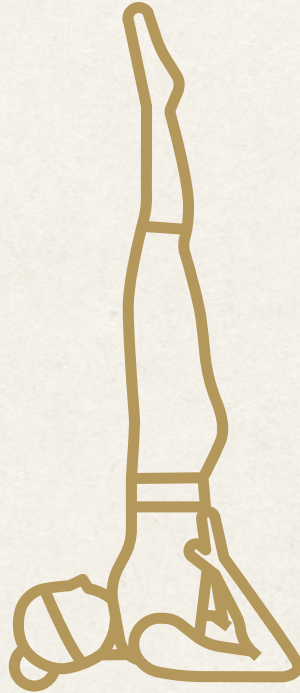
Calming & Peaceful

Kneel down on your yoga mat. Place your feet so that the tops of both feet press down into the floor with your big toes touching each other. Your knees should not be wider apart than your hips. Take a deep breath and exhale as you bend forward. Keep your buttocks pressed firmly down on your support or the floor as you rest your forehead on your yoga mat. Allow your arms to rest alongside your body, palms facing up. Lengthen your spine all the way up from your sacrum to your head as you keep breathing in a relaxed manner. After one minute, you should feel your belly and lower back have sunken down further toward the floor. Try and hold the pose for one to five minutes. To come out of the pose, inhale as you extend your front torso and lift yourself up from the tailbone, or by pressing up your arms, keeping your buttocks pressed down on your heels.



SARVANGASANA

SHOULDERSTAND



Nourishing & Energising

Lie on your back with hands by your side. With one movement, lift your legs, buttocks and back so that you come up high on your shoulders. Support your back with the hands. Move your elbows closer towards each other, and move your hands along your back, creeping up towards the shoulder blades. Keep straightening the legs and spine by pressing the elbows down to the floor and hands into the back. Your weight should be supported on your shoulders and upper arms and not on your head and neck. Keep the legs firm. Lift your heels higher as though you are putting a footprint on the ceiling. Bring the big toes straight over the nose. Now point the toes up. Pay attention to your neck. Do not press the neck into the floor. Instead keep the neck strong with a feeling of tightening the neck muscles slightly. Press your sternum toward the chin. If you feel any strain in the neck, come out of the posture. Keep breathing deeply and stay in the posture for 30-60 seconds. To come out of the posture, lower the knees to forehead. Bring your hands to the floor, palms facing down. Without lifting the head slowly bring your spine down, vertebra by vertebra, completely to the floor. Lower the legs to the floor. Relax for a minimum of 60 seconds. A gentle alternative to this posture is to lie down and rest your torso on the floor with legs resting vertically up the wall. Palms resting on the abdomen, elbows bent and arms relaxed.



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TULSI
SWEET ROSE™



STRESS RELIEVING
& RELAXING

CAFFEINE FREE



Net Weight
100g
(3.5 OZ.)

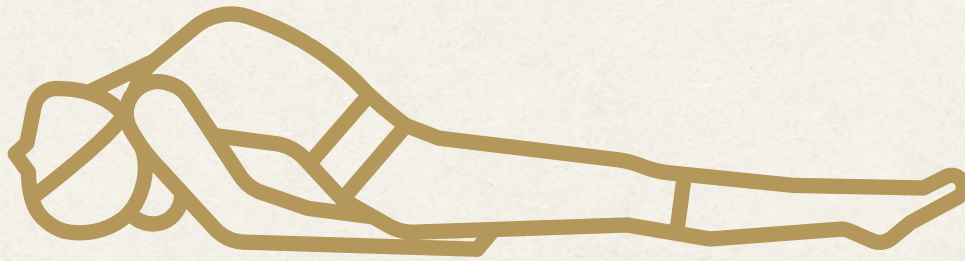


LOOSE LEAF

HEALTHY CONSCIOUS LIVING

MATSYASANA

FISH POSE



Stress Relieving & Relaxing

Begin by lying down on your back. Come up to your elbows with your forearms flat on the mat and your upper arms perpendicular to the floor. Keep your forearms in place and puff up your chest by rolling your shoulders back and tucking your shoulder blades firmly onto your back. You should feel your body creating a backbend. Press your palms into the mat. You can tuck your hands under your sitting bones if that feels like a more stable position for them. Lower the crown of your head back until it comes to the floor, opening your throat. Keep your legs engaged and your toes active throughout. To come out, press strongly into your forearms and raise your head off the floor. Then release your upper body to the mat.



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TULSI MORINGA™



STABILIZING & NOURISHING

CAFFEINE FREE



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INFUSION
BAGS

➤ HEALTHY CONSCIOUS LIVING ◀

PASCHIMOTTANASANA

SEATED FORWARD BEND



Stabilising & Nourishing

Sit down on your yoga mat and stretch out your legs straight in front of you. Take a deep breath. Reach underneath you to grab the flesh around your outer hips and spread it out to the sides, allowing you to sit directly on top of both sitting bones. Keep your legs straight and press your thighs down into the floor. Press your palms down into the floor by the sides of your hips and lift your sternum up high. Then as you exhale, stretch your hands forward and reach toward your toes. Keep bent knees if necessary to protect your back. Continue lifting your sternum up toward the ceiling while you maintain your tilt forward. Arch your back to make it more concave. Bend forward all the way from your pelvis and extend your arms out from the shoulders to flatten and concave the back into the proper shape that you need to get the full extension of your back. Every time that you inhale, lift your sternum up a little more. Every time you exhale, bend forward a little more from your pelvis. Balance your weight evenly across both of your sitting bones. Hold the posture for at least 30 seconds in the beginning. To come out of the pose, inhale as you lift the head first, then the arms and then the upper back. Finally, the lower back should come up last.



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**STRESS RELIEVING
& ENCHANTING**

CAFFEINE FREE



HEALTHY CONSCIOUS LIVING

25
INFUSION
BAGS

NADI SHODHANA

ALTERNATE NOSTRIL BREATHING



Stress Relieving & Enchanting

Take a comfortable and tall seat, making sure your spine is straight and your heart is open. Relax your left palm comfortably into your lap and bring your right hand just in front of your face. With your right hand, bring your pointer finger and middle finger to rest between your eyebrows, lightly using them as an anchor. The fingers we'll be actively using are the thumb and ring finger. Close your eyes and take a deep breath in and out through your nose. Close your right nostril with your right thumb. Inhale through the left nostril slowly and steadily. Close the left nostril with your ring finger so both nostrils are held closed; retain your breath at the top of the inhale for a brief pause. Open your right nostril and release the breath slowly through the right side; pause briefly at the bottom of the exhale. Inhale through the right side slowly. Hold both nostrils closed (with ring finger and thumb). Open your left nostril and release breath slowly through the left side. Pause briefly at the bottom. Repeat 5-10 cycles, allowing your mind to follow your inhales and exhales.




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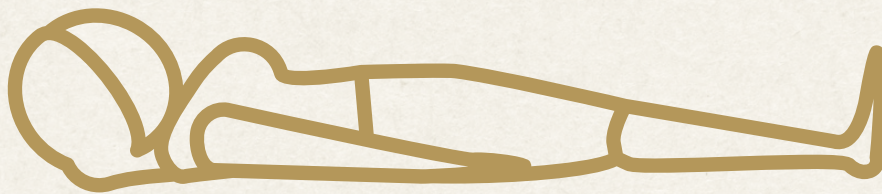
LOOSE LEAF

HEALTHY CONSCIOUS LIVING

Net Wt
3.5 OZ
(100g)

SHAVASANA

CORPSE POSE



Stress Relieving & Immune Boosting

Begin by sitting on your yoga mat with your knees bent and the soles of the feet touching the ground in front of you. Keep your feet and buttocks still as you slowly lean back, putting your forearms and palms on the floor behind you for support. Continue lowering your torso one vertebrae at a time until your back rests flat on the floor. Let your arms lie out at about 45 degrees from your sides with your palms facing the ceiling. Extend your legs straight one at a time. As you lower each leg, straighten it by extending the heel forward first. Then relax the rest of the foot only after you have extended the leg fully. At the same time, slide your torso back on the yoga mat about an inch to help your tailbone stay fully tucked in. When you have extended both legs straight out, then your heels should remain in line with your hips while your toes roll out slightly to the sides. Without disturbing your lower back or your legs, simply press down your elbows into the mat to slightly lift up your chest just enough to tuck your shoulder blades in, bringing the shoulder blades closer together. Then relax your arms and let your chest remain in this adjusted position. Relax your neck and adjust your head so that it stays in a neutral position. Position your head so that you extend your neck muscles fairly straight. You should feel that only the very middle of the back of your head rests on the yoga mat. Release any tension in your sense organs. Close your eyes and let them sink down into your head. Relax your mouth and your face. Visualise your brain settling down comfortably in the back of your head. Make every part of your body soft as you breathe slowly. Gradually release tension in your shoulders, arms, fingers, chest, belly, hips, thighs, calves, ankles and your feet. Breathe slowly and evenly from your belly, feeling it rise on every inhalation and fall on each exhalation. Remain in Corpse Pose for about 5 minutes. Come out of the pose by breathing out and rolling over to your right side. Then push yourself up with your hands, making sure that your head comes up last.


Namaste**PRAYER**


I honour the place in you in which the whole universe resides.
I honour the place of love, light and peace.
When you are in that place in you
and I am in that place in me
we are truly one.

Namaste.



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