

Teas that Heal!



Have you ever wondered why spa rituals or yoga sessions end with a rejuvenating cup of tea post the session? It is usually a cup of tea that helps you calm down during stressful situations.

While it's not a ritualized process, the tradition of combining tea and yoga has an ancient connection. It is said that a Japanese monk is said to have written way back in 1211 about tea and its benefits as a miraculous medicine for the maintenance of health. There are probably as many tea options as there are yoga poses. Tea is the elixir that is profoundly soothing for a complete mind, body relaxation!

"People's hearts are really opened after a yoga session, and tea offers a perfect segue back into their reality," says Elissa Kerhulas, a Kundalini teacher and owner of Yoga Brew in Hollywood, California.

Tea is a relaxed yoga ritual that has taken root over the years, and it isn't just for sipping anymore; increasing knowledge about the various health benefits of tea have made it a welcome addition to yoga classes as one more way to embrace healthy living.

You are just done with your hour-long yoga session and are in that complete relaxed state after that Shavasana, radiant and serene and the last thing you want is to rush madly into the stress and clamour of the world outside. This is where a cup of tea helps! Or maybe even before your session.

It is the link between the fast-paced intensity of life outside the studio and the zen feeling within the studio. In fact, it is well known that "yogi tea," a home-brewed tea, includes traditional Ayurvedic spices, such as cloves, black peppercorns, cinnamon, cardamom, and ginger, in a black tea base, sweetened with milk and honey.

This was the recipe by Yogi Bhajan, an inspired and inspiring teacher of holistic living, who started teaching yoga in the West. He shared with his students the wisdom and knowledge of healthy living and the beneficial properties of herbs that he had mastered in India, all while serving a comforting and aromatic spiced tea they affectionately named "Yogi Tea."

These days Herbalists and Ayurveda practitioners rely on the vast knowledge to naturally determine the best brews for various conditions. For example, a morning begins well with a ginger, lemon, and cinnamon infused brew for that much needed stimulation, while an evening brew would be something more comforting like a chamomile or jasmine infusion. Besides the healthy and antioxidant properties, a cup of tea is something that creates a spirit of bonding and togetherness evoking happiness within us.

Laura and Fanny of Namastea, fans of holistic living associate Tea with a positive lifestyle attitude and Namastea embodies just that! It represents the belief that there is a Celestial spark within each of us that is in the heart chakra.

Namastea has various teas for Health, Relaxation and Harmony and each one is a refreshing, 100 percent natural, pure Ceylon tea that provides you all the benefits of tea and some targeted solutions to the every-day challenges you may face. There is a cup of tea for everyone here!

Interesting blends like Black tea, Rose petals and Strawberry or Black tea, Apples pieces and Marigold flowers are harmonious blends that invigorate, help to shift consciousness, lift mood, ease tension, and connect in deeper ways to yourself, others, and your environment in a harmonious manner. This is something that is perfect before or after a slow Yin Yoga sequence.

The healthy blends are infusions of green tea with the goodness of lemon, jasmine buds, mint etc. that aid in weight loss along with a host of other benefits from calming a troubled tummy to easing insomnia and a restless mind. Drinking this tea can also be a great source of vitamins and minerals.

For example, the refreshing Go Green is that perfect start to your day or before a yoga session, or maybe a great way to start the week after a weekend of partying.

The relaxing blends are infused with Chamomile and honey to relax muscles, calm the mind, and induce sleep. The Sweet Dreams night infusion is just what you need after a long stressful day to fall into that blissful state of slumber!

We loved the Simple treat blend with Jasmine buds, Black and Green tea for that much needed detox after the New Year parties!

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