



Kate Porter Yoga

YOGA FOR NORMAL PEOPLE

"1 Degree North" by Kate

1 Degree North™ will fire your sun salutations to new levels of strength, will ease traffic congestion, ensure your plants are greener than ever before and make you feel happy all day.*



Recipe

- Brew a jug of Earl Gray tea.
- Add a spoon of brown sugar, chopped ginger and a sprinkle of nutmeg.
- As the tea cools add a squeeze of fresh orange and then leave the orange wedge in the tea to infuse
- Refrigerate and then serve chilled.

GINGER: strengthens digestion, relieves nausea and is considered an aphrodisiac in certain African cultures. It is a perennial plant and used as a culinary spice and as part of infusions.

ORANGE: is among the oldest cultivated fruits known to man. It has a high vitamin c content and also contains vitamin a, potassium, calcium and folic acid. It also has strong anti-inflammatory properties.

*Never scientifically proven but Kate assures you this tea tastes wonderful before or after a yoga session!

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