

Kate Porter Yoga

"Red Solstice" by Kate's Mum

Red Solstice™ will increase your sex appeal, improve your dexterity, double your taste power, get you better astrology charts and make you do power asanas before the first rays of dawn on the hottest days.*



Recipe

- Brew a jug of Red Bush tea.
- Whilst the water is still hot, add a dash of honey.
- Allow the tea to cool, then squeeze in some lime wedges to taste, added several fresh mint leaves, stir and refrigerate until well chilled.

RED BUSH TEA: has a high level of antioxidants such as aspalathin and nothofagin; its lack of caffeine, and its low tannin levels make it ideal for people looking for a health-conscious alternative black tea.

MINT: is a medicinal herb used to treat stomach aches and chest pains. It also helps to relieve indigestion and has been found to suppress the activities of the flu virus. It is a vital ingredient of Touareg Tea.

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

 +65 9781 3403  kateporteryoga.com

 kate@kateporteryoga.com