

Kate Porter Yoga

"Tranquility Tea" by Kate's Mum

Tranquility Tea™ will increase your wellness, make you lose weight, hide your cellulite, supersize your brain, make your children come top of their classes and allow you to perform feats of unbelievable yogic grandeur.*



Recipe

- Brew a jug of Earl Grey tea.
- Whilst the water is still hot, add honey and cinnamon to taste.
- Allow the tea to cool, then squeeze in some lemon wedges to taste, stir and refrigerate until well chilled.

HONEY: has been used therapeutically for centuries, traditionally to treat sore throats and coughs, stomach ulcers and high blood pressure. It contains the B vitamins as well as some minerals and enzymes.

CINNAMON: is a disinfectant and an anti-flatulent. Warm cinnamon is a relaxant and is known to relieve nausea and menstrual cramps. It originally came from Sri Lanka and Southern India.

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

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