



Kundalini Yoga Notes

YOGI TEA (also called Chai) is a health-promoting beverage and a tonic for the whole body. It strengthens the nervous system, energizes the body, clears the mind, and is both a remedy and preventative measure for colds, allergies, and other diseases of the mucous membranes. The spices together create a synergistic healing effect. The milk aids in assimilation, and the black tea activates the ingredients.



Bring 9 cups of water to a boil in a heavy pot.

- Add **15 whole cloves** and boil for one minute - then reduce heat to slow rolling boil (simmering heat)
- **20 black peppercorns** (use ½ this amount if you want a milder & less spicy tea)
- **10 inches of cinnamon sticks**
- **20 green cardamom pods** (crush or split pods first)
- **¾ c sliced fresh ginger root** (about ¼" slices; no need to peel)
- **¼ tsp nutmeg**
- **1½ tsp "bruised" Anise seed or "ground" Star Anise**

For best flavor, cover tightly and boil over a low heat for 2-2½ hours. Then turn off heat and...

- Add **½ teaspoon of black tea** (you can break into a regular tea bag & *decaf* black tea is fine as well) Let tea cool...
- Strain tea; discard all solids & refrigerate up to 10 days
- When ready to drink, heat in sauce pan on med/low heat
- Sweeten with **honey**, (to preferred taste) maple syrup, or brown sugar.
- Add **milk** using the ratio of 3 parts tea and 1 part milk. (I use 10% cream for a creamery taste, soya milk is fine too)
- ¼ tsp **vanilla** for each cup