



ONLINE CLASSES

# Tea Tasting for Mindfulness at Home

LIVE STREAMING

With Tea Box delivered directly to guests

Enjoy this live online class that will get you pausing for tea.



**Erica Moore**  
**(eteaket Tea)**

1 hour, £35 per guest (min. 5, max 150)

**41 Frederick Street, Edinburgh EH2 1EP**

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## How it works

**We'll send a Tea Box to your guests.** Shipping in the UK is free, and it should arrive within 2-4 business days. We ship nationwide. International shipping is also available for private groups, please enquire for pricing details.

**Enjoy the online class** - after booking, you'll get a link to join the interactive class.

## What you'll do

Do you need some relaxing things to do at home to balance your mind? Pop on your kettle and enjoy this calming tea experience.

You will uncover our Tea In Mind concept based on the 5 Elements Chinese Philosophy. During this live online class, you will taste three different teas and learn their tea routines.

This online class offers you a chance to learn the basics of whole leaf tea and delight in their wonderful flavour. We will also cover seven habits to live more by taking time for tea. You will understand the benefits of pausing your day, slowing down, and incorporating a three-minute tea regime into your routine.

The mindfulness of tea can help you feel refreshed, focused and boost your positivity. It's a productive thing to do at home for your mental wellbeing as you enjoy your present moment and take time for self-care.

### Our tea menu includes:

- White Peach and Mindful Drinking
- Keep The Heid and Box Breathing
- Positivitea and Mental Rehearsal

International shipping is available for an extra charge... please just get in touch with destination and quantities to each address and we'll pass on the best price to you.

### Add-on available for this class

- Self-fill Tea Bags (plastic free) (£5)

You can add these when you book (optional).

### **Knowledge required**

No previous knowledge or skill required.

### **What you'll get in your craft kit**

A selection of three different loose leaf teas (each approx 10g, enough for four servings of each tea):

- White Peach (flavoured white tea)
- Positivitea (flavoured green blend)
- Keep The Heid (black tea blend)

You'll also receive our Tea In Mind Card which includes a handy brewing table and a recipe sheet.

### **What you'll need**

No need to bring anything (but a cup of your favourite tea and an open mind is recommended). Ideally, you'll have the three teas included in the tea box so you can taste as we go along and practice your Tea Routines.

If you are tasting along with us, we recommend you have a pot or mug to brew your loose leaf tea with and perhaps a flask of hot water nearby (to save you waiting for the kettle to boil).

## Your teacher



**Erica Moore**  
**(eteaket Tea)**

eteaket tea empowers you to pause in the 3 minutes your tea is brewing to rebalance your mind through a suggested tea routine so that you can start thriving now!

Through our workshops, you'll discover our Thrive in 3 concept and some basic knowledge around whole leaf tea and the five elements of Chinese Philosophy. You will learn how to incorporate 3 min tea routines into your daily life and become empowered to pause, re-balance & thrive.

Moreover, you'll learn different ways to brew tea and be able to try out some tea recipes. With the daily habits our workshops equip you to make, you'll feel calmer, more focused, less anxious and ultimately happier in the present moment.

eteaket's leaf tea experts are always on hand to answer your questions and to get you excited about the future of the amazing world of tea!

## Verified reviews

We only show reviews from customers who have paid for and attended this class

**Helen Bamforth** • Nov 2022



A lovely time to reflect on how to prioritise some time for myself. I will enjoy all the new flavours that I've discovered & try different ways of brewing them.

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**Rebekah East** • May 2022



Erica was wonderful! We've really enjoyed having her take part in the session virtually and teaching our team about the importance of taking a break through tea. She made people feel welcomed and in control, therefore able to open up and enjoy the session. Thank you Erica!

**Elizabeth Tabari** • Apr 2021

4 ClassBento workshops attended • [4 reviews](#)



Really enjoyable class. Will make future tea drinking a completely different experience!  
Can't wait to try out more teas.

**Andrew Barker** • Mar 2021

9 ClassBento workshops attended • [8 reviews](#)



I enjoyed Erica's tea tasting workshop very much - I never realised there was so much information regarding a cup of tea! I'll certainly be trying all the varieties in my box and luckily as I live locally I'll pop into Eteatek when it re-opens.

**Robbie Troth** • Mar 2021

13 ClassBento workshops attended • [9 reviews](#)



I really enjoyed this class. Being mindful whilst drinking gorgeous loose leaf tea was all I hoped it would be and more. Great to find out all about brewing different teas and how having mindful moments with tea can really change your mood and your ability to relax. Definitely recommend.