



EDINBURGH

## Thrive in 3 Tea Tasting Class

Learn how to re-balance with mindful tea practice.



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

1 hour 5 to 500 people (20 in our venue) £40 pp

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

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## What you'll do

Would you like to discover more about your cup of tea and how to brew it? Imagine if you could learn how to build regular pauses into your everyday life so that you can really start thriving. Try this relaxing and mindful tea tasting class in Edinburgh to learn how to pause, re-balance and infuse inspiration into your life with some delicious healing teas.

Exploring eteaket's Tea In Mind concept, based on the 5 Elements of Chinese Philosophy, you'll taste a range of different teas and learn their tea routines. Guided by your expert teacher, you'll soon relax into your experience and develop your knowledge.

This tea making and tea tasting masterclass offers you the chance to learn the basics of whole leaf tea and delight in its wonderful flavour. You'll learn about healthy habits to live by to bring balance and calm to your life and you'll explore the benefits of taking time for tea.

Your experienced teacher will inspire you with her wonderful knowledge of tea, and you'll learn how to incorporate a three-minute tea regime into your daily routine to bring a range of wellbeing benefits into your life.

The mindfulness of tea can help you feel refreshed and focused and can boost your positivity. Adopting a tea routine is a productive thing to do every day for your mental wellbeing, encouraging you to enjoy your present moment and take time for self-care.

Try this calming and inspiring tea tasting class in Edinburgh by yourself and meet like-minded others in the process, or take some time out to enjoy this tea experience with some friends and loved ones and indulge your senses as you explore delicious teas together.

### Add-ons available for this class

- Self-fill Tea Bags (plastic free) (£5)
- Infuser Mug (£11)

You can add these when you book (optional).

### **Knowledge required**

Beginner-friendly.

### **What you'll get**

A tasting of a range of different loose leaf teas covering each of the 5 Elements. You'll also receive eteaket's tea in mind card which includes a handy brewing table.

### **What to bring**

Just an open mind.

### **Location**

Our Tea Room, 41 Frederick St, Edinburgh EH2 1EP (or your venue if appropriate)

## **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.

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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

**Michelle Logan** • Dec 2022

★★★★★

Fantastic session. Erica was brilliant and her passion for tea and mindfulness shone through. The session was fun and informative and the teas we tasted were fabulous. It was the perfect hour of calm in the midst of the hectic Christmas season.

**Douglas Cochran** • Sep 2022

★★★★★

Great session. Really Informative, learned a lot about tea. Discovered some interesting and delicious new teas.