

Resetting Technique

- Sit comfortably, with your spine erect and shoulders relaxed.
- Place hands on your knees palms up.
- Close your eyes.
- Imagine a blue colored tube (channel) in the center of your body, from the very bottom of your spine to the top of your head. The diameter of the tube is about one inch.
- On both sides of the blue channel, imaging two smaller tubes, which start from your nostrils, go around your brain and all the way down your body where they connect to the central larger tube. The channel on the right side of your body is white and the channel on the left side of your body is red.
- Breath in through both of your nostrils and follow the air going through side channels all the way down your body.
- The air you are breathing is fresh and crispy, with sunlight and spring breeze, and salt of the oceans, it is refreshing and nourishing, bright and radiant!
- Once the breath reaches the point of connection of all three channels, pause.. Hold the breath for as long as it is comfortable for you plus a few more moments.
- Imagine that all the blockages and impurities are accumulating in the intersection of three channels.
- Breath out, mentally pushing the air through the central blue channel forcefully all the way out of your body.
- Imagine that all the blockages and impurities get pushed out of your body through the blue channel and you see the brown cloud on top of your head, which dissolves in the air and turns into light.
- Repeat three or nine times. Once you are done, stay still for a few seconds noticing the changes in your breathing, how clear the channels are and how easy air flows through.
- Enjoy.



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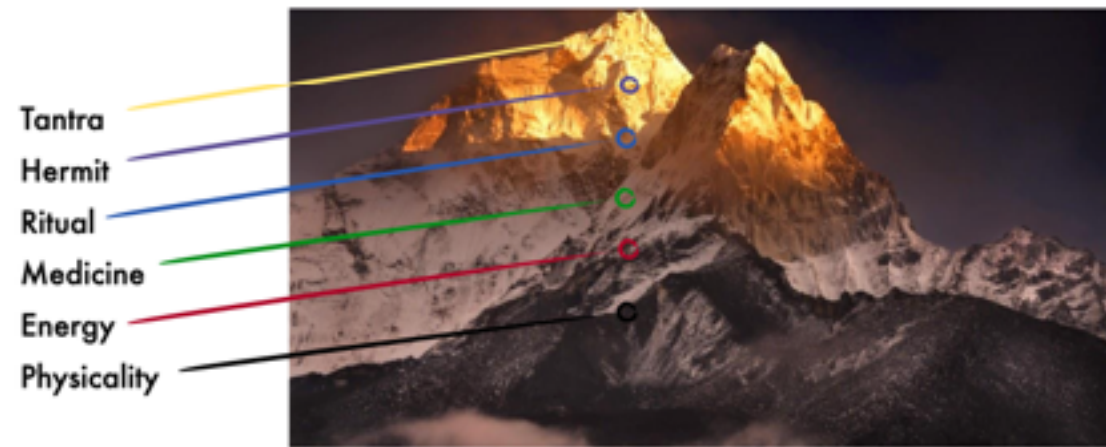
Series 1 - Physicality

Session 6 - Six Senses for Tea Appreciation -
how to find the sixth sense?

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Six Stages of Experiencing Tea



Review:

Tea Brewing Tips #1

Always warm up tea pot and tea cup



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Tea Brewing Tips #2

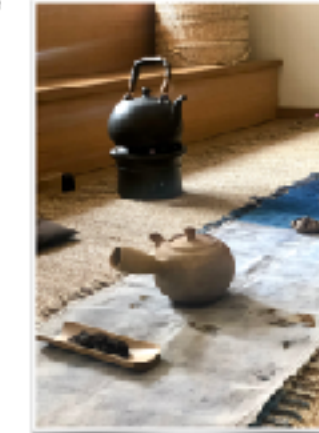
Never pour hot water directly on tea leaves



Skillful Way of Brewing Tea

Attention + Knowledge

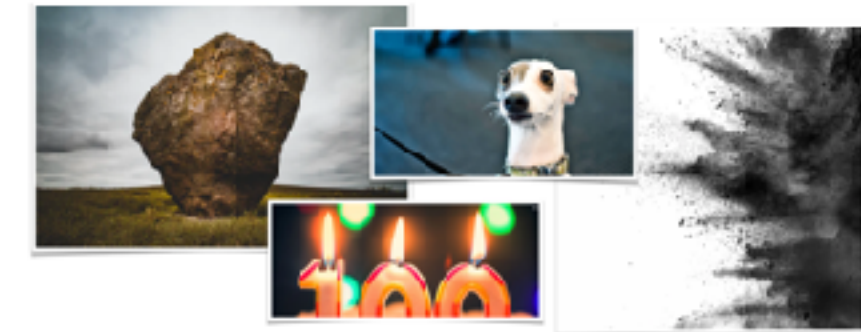
7 Essentials



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Tea Brewing Tips #3

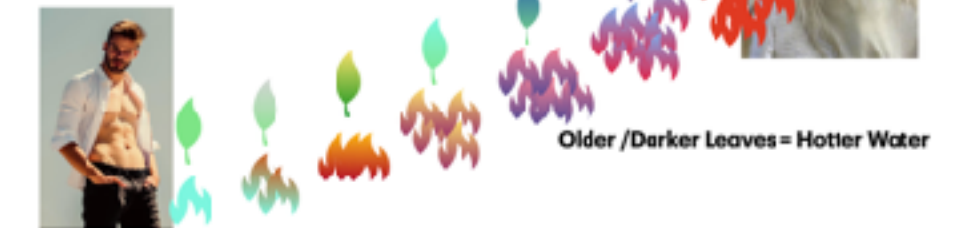
Wash tea leaves if:



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Tea Brewing Tips #4

Younger / Greener Leaves = Colder Water



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Older / Darker Leaves = Hotter Water

TEA CHEMISTRY



MAIN TEA TYPES

Processing Steps



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Main Types of Tea

Main Types of Tea

2. Origin | Geóti de terrae

1. Zhejiang | Longjing
2. Fujian | Wuyi Shan | Dading | Anxi
3. Guangdong | Fenghuang Shan
4. Yunnan | Jingmai Shan | Tiegong | Baizang Shan | Tuo | Xue
5. Anhui | Qimen
6. Sichuan | Mengding Shan



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Main Types of Tea

1. Plant - Careful Selection



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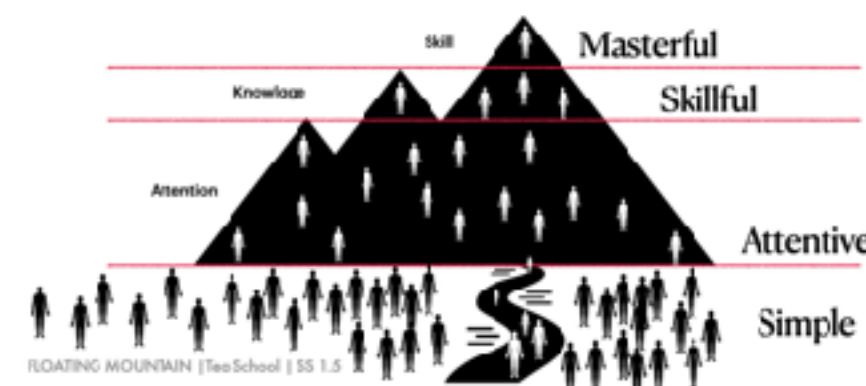
Brewing Techniques



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The Ways to Brew Tea

4 Levels of tea appreciation



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Tea Brewing Tips #5

Always balance 2 T



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Six Senses for Tea Appreciation

Which sense is the most important ?



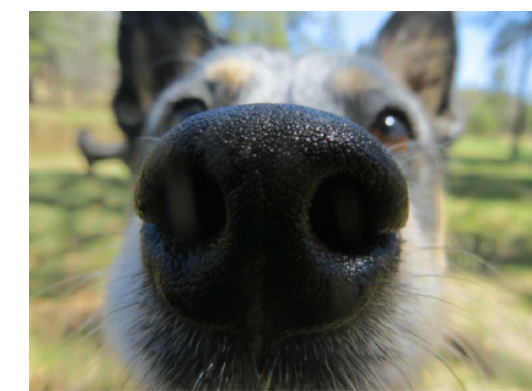
Six Senses for Tea Appreciation

All senses are inter stimulating



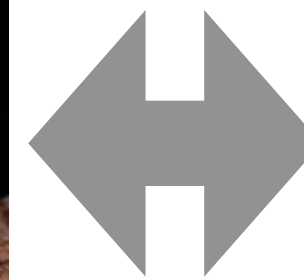
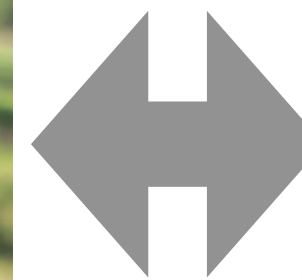
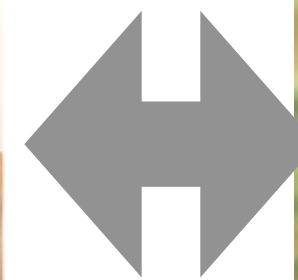
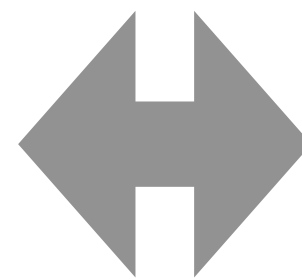
Six Senses for Tea Appreciation

All senses are inter stimulating



Six Senses for Tea Appreciation

Senses have series circuit



Six Senses for Tea Appreciation

Outside oriented

External



V
K

A

Hear and Act



Both

Internal

Listen and Feel



5 vs 10,000



Inside oriented



Six Senses for Tea Appreciation



Six Senses for Tea Appreciation



Six Senses for Tea Appreciation



5 vs 10,000



Six Senses for Tea Appreciation



Six Senses for Tea Appreciation



What are we going to talk about

Day 1 - Welcome!

Day 2 - What is so special about tea - how to find your cup of tea?

Day 3 - Main types of tea - which one is yours?

Day 4 - Seven essentials of good tea - what do you really need to make good tea?

Day 5 - The ways to brew tea - how to make good tea?

Day 6 - Six senses for the best tea experience.

Day 7 - Tea in four seasons - what to drink when?

Day 8 - How to make tea make magic for you - create your ritual.



Questions?

