



Floating Mountain Tea School

Physicality of Tea

Series 3 - Advanced - Gongfu Tea

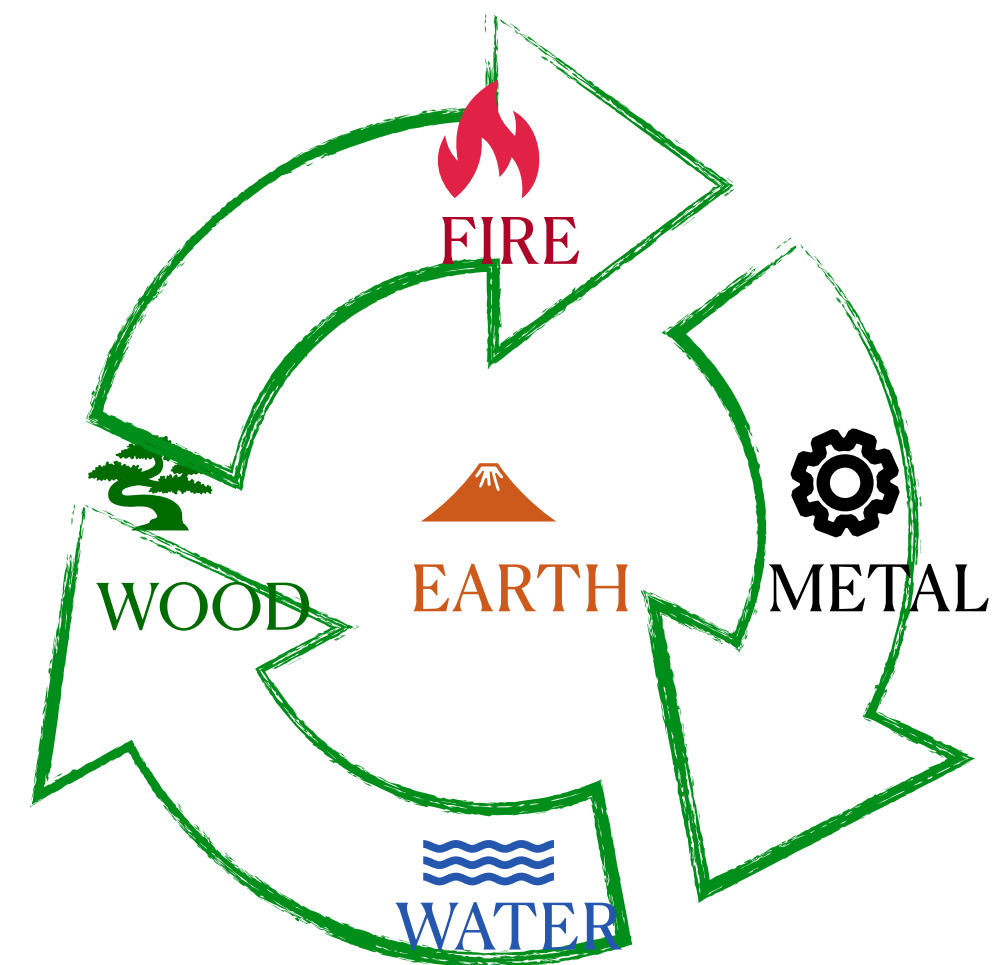
Session 6 - Yoga

FLOATING MOUNTAIN | Tea School | SS 3.6

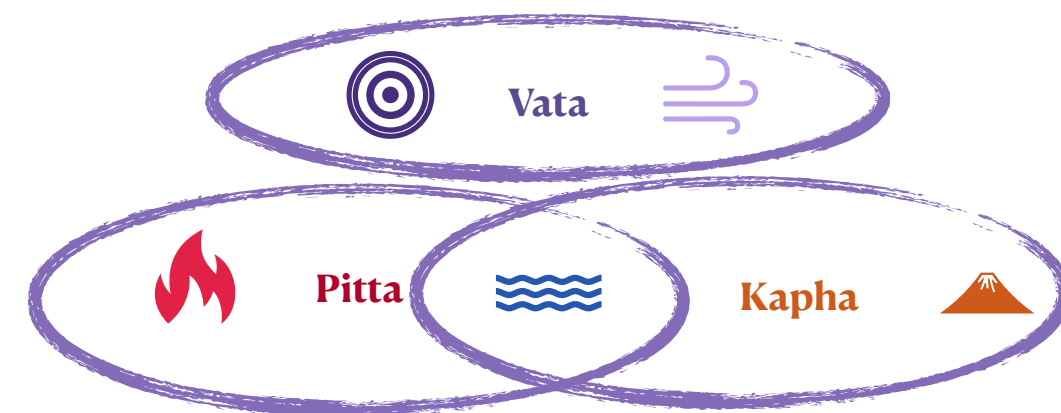


Advanced Gongfu Tea

Five Physical Elements



Five Energetic Elements



Five Subtle Elements



Advanced Gongfu Tea

Yoga



Advanced Gongfu Tea

Yoga Sūtras of Patañjali

Consist 196 sutras.

Dated somewhere in between 500 BCE to 3rd century CE

Ignorance is the cause of suffering

Liberation, is removal of ignorance, which is achieved through:



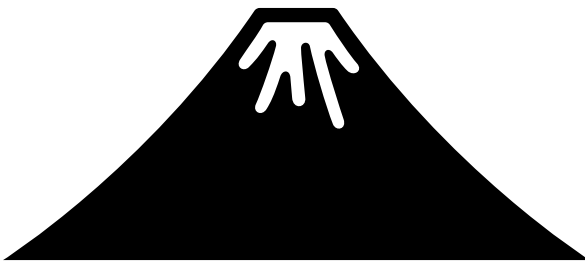



- *discriminative discernment,
- *knowledge and
- *self-awareness.

The Yoga Sūtras is Yoga school's treatise on how to accomplish this.



Advanced Gongfu Tea

Eight Limbs of Yoga

Yama	Niyama	Āsana	Prāṇāyāma	Pratyāhāra	Dhāraṇā	Dhyāna	Samādhi
Non-harming	Purity						
Non-lying	Containment						
Non - steeling	Persistence						
Non-spilling	Self-study						
Non-avarice	Contemplation						

Pose

Breath

Withdrawal

Focus

Meditation

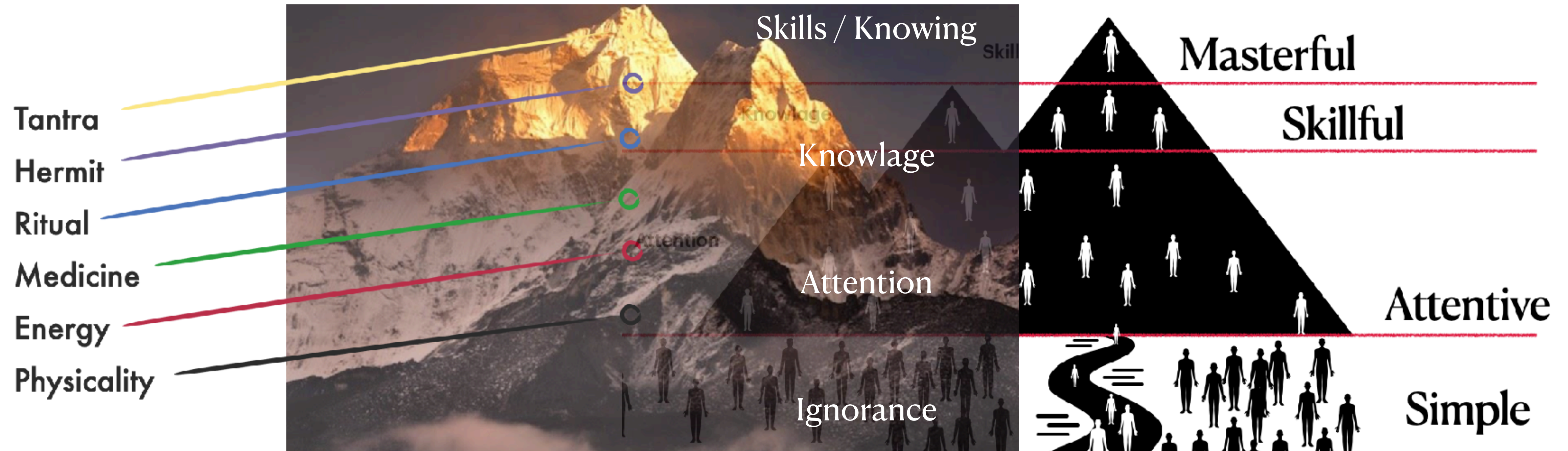
Liberation

..ability to discern the difference between word, meaning and understanding, and this ability empowers one to compassionately comprehend the cry/speech of all living beings. Once a yogi reaches this state it leads to unusual powers, intuition, self-knowledge, freedoms, the soteriological goal of the yogi.

Advanced Gongfu Tea

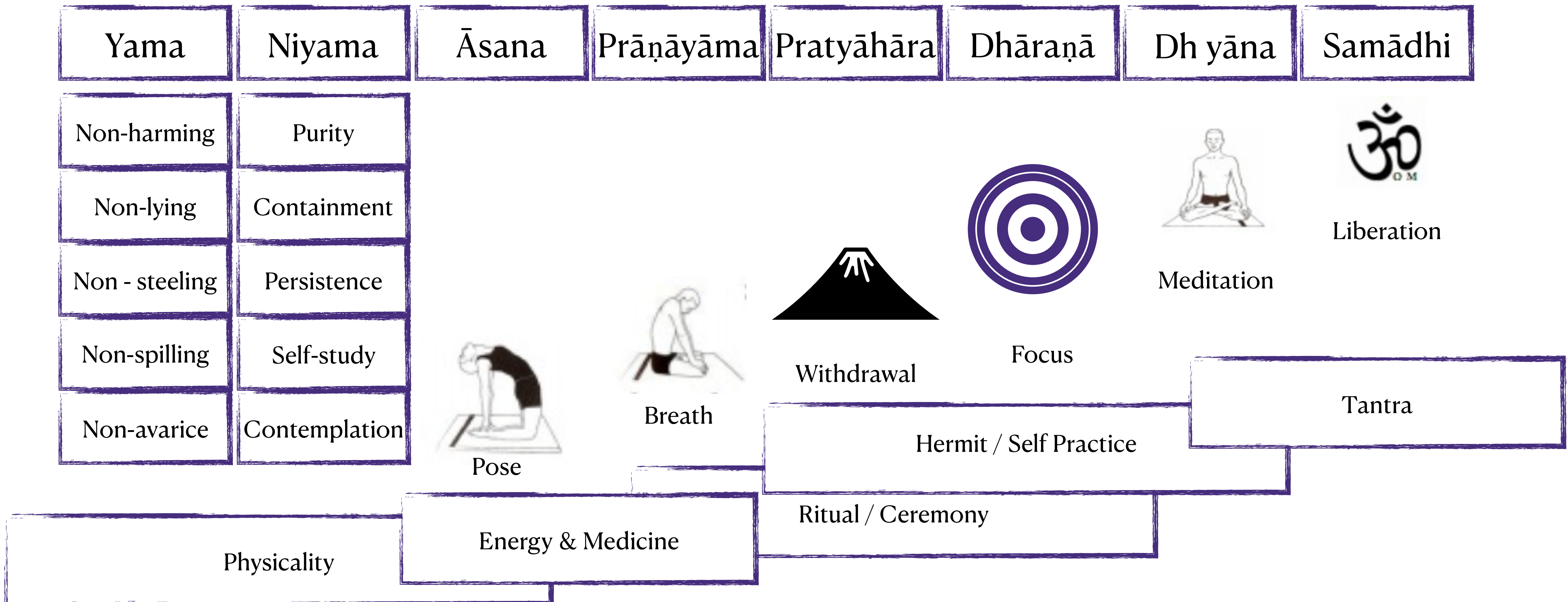
Tea Practice

The tea practice is brining awareness through the simple act of preparing and drinking tea.



Advanced Gongfu Tea

Eight Limbs of Yoga



Series 3 - Physicality of Tea - Advanced

Gongfu Tea - December

Session 1 - Perfect Yourself

Session 2 - Five Functions of Qi

Session 3 - Diet * (*HW*)

Session 4 - Environment *

Session 5 - Five Elements *

Session 6 - Yoga



Series 3 - Physicality of Tea - Advanced

Gongfu Tea - January

Session 7 - Essence

Session 8 - Spirits

Session 9 - Gongfu Tea (demo)

Session 10 - Gongfu Tea Technicality*

Session 11 - Practical Gong Fu** (CW)

Session 12 - Q&A for Practical Gongfu

Session 13 - Mastery check **

Session 14 - Gongfu Tea Together **

