

Floating Mountain Tea School

Series 1 - Physicality

Session 2 - What is so special about
tea - How to find your tea

FLOATING MOUNTAIN | Tea School | SS 1.2

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.



Review

How to learn FASTER?

F - Full Cup of Tea

A - Apply Immediately

S - Set Your State of Mind

T - Teach Somebody

E - Enjoy Your Cup of Tea

R - Repeat Again and Again

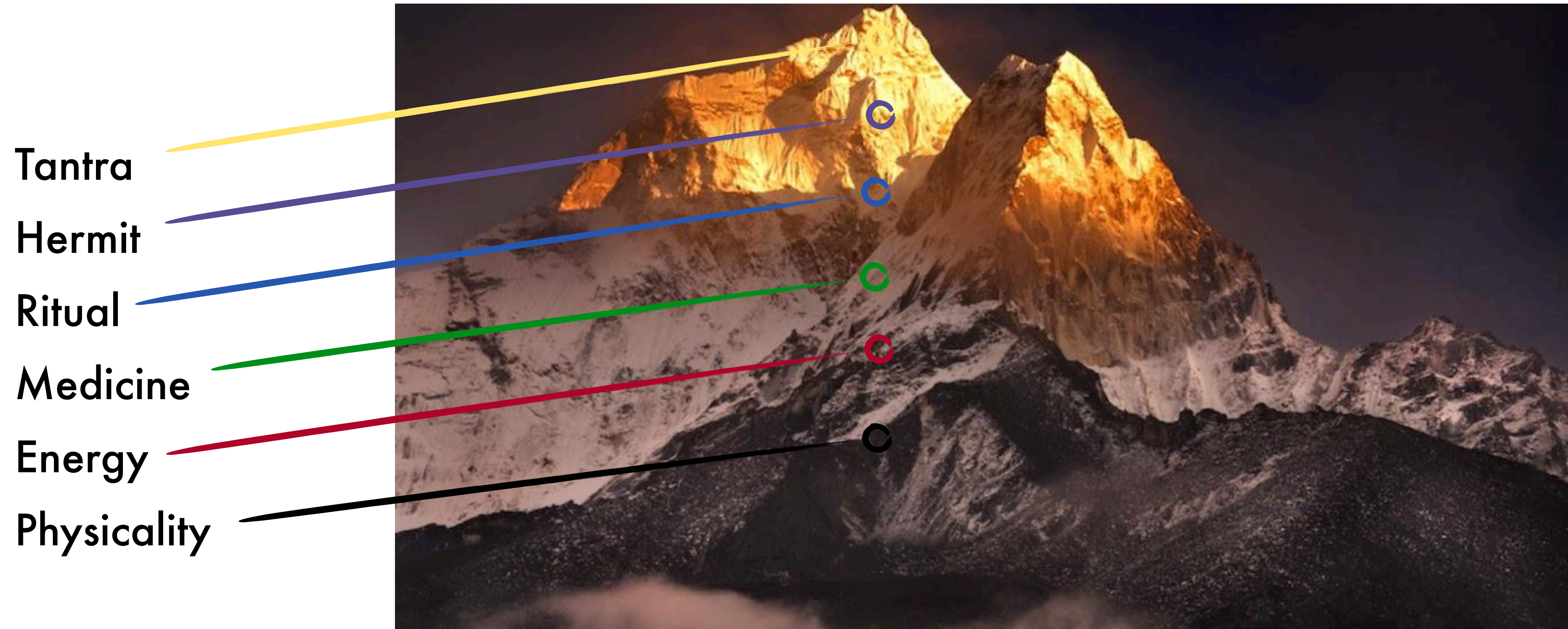


Layers

Zhangye Danxia Landform Geological Park in the Gansu province, China



Six Stages of Experiencing Tea



TEA CHEMISTRY

Polyphenols

Amino Acids

Enzymes

Pigments



Methylxanthines

Carbohydrates

Minerals

Volatile flavor compounds

TEA CHEMISTRY

Polyphenols ≠ Stress, Age

Responsible for astringency

Direct sun, dark colored tea, mature leaves.

Over 30,000 of poly-phenolic compounds

Flavonoids contains antioxidants



Methylxanthines =

Alertness + Relaxation

Major stimulant is caffeine +

theobromine (cocoa seed = happiness) +

and theophylline (smooth muscle relaxation

and suppression of the response of the airways to stimuli)

Amino Acids = Awareness

Give finished tea its umami

Shaded tea plants = Green, TG

L-Theanine => serotonin + dopamine

+ alpha brain wave = "mindful alertness"

Pigments = Good Mood

Less oxidized, mature leaves = Wulong

chlorophylls (black when condensed)

and carotenoids (orange/yellow) => flavor

Minerals = Nourishing

28 minerals; Tea has high amounts of fluorine, manganese, arsenic, nickel, selenium, iodine, aluminum, and potassium

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.

Day 5 - Main ways to make good tea - how to find yours?

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?

