Resetting Technique

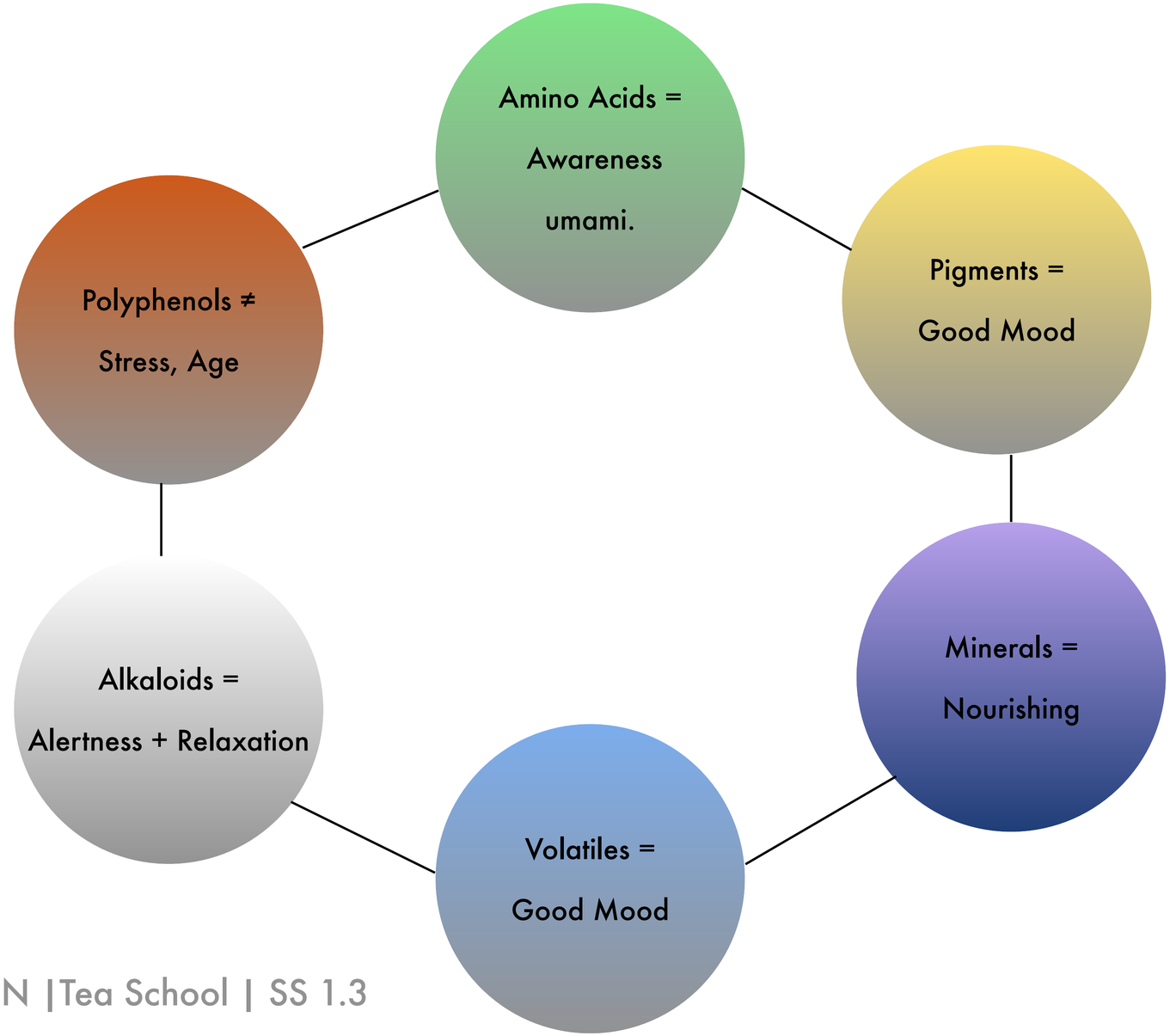
- Sit comfortably, with your spine erect and shoulders relaxed.
- Place hands on your knees palms up.
- Close your eyes.
- Imagine a blue colored tube (channel) in the center of your body, from the very bottom of your spine to the top of your head. The diameter of the tube is about one inch.
- On both 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.

Floating Mountain Tea School

Series 1 - Physicality

Session 3 - Main Types of Tea -
which one is yours?

Review: TEA CHEMISTRY



Main Types of Tea

The ways of classification

1. Plant
2. Origin |Goût de terroir
3. Maturity of leaves
4. Processing steps
5. Brewing techniques
6. Effects on body and mind

Main Types of Tea

1. Plant - *Camellia Sinensis*

There are many species of Camellia growing natively in Yunnan and other neighboring regions of China.

There are at least 183 species and varieties of the *Camellia* genus in total, but only 12 of these species are considered to be suitable for making tea.

Camellia Sinensis var. Sinensis is known for having small leaves.

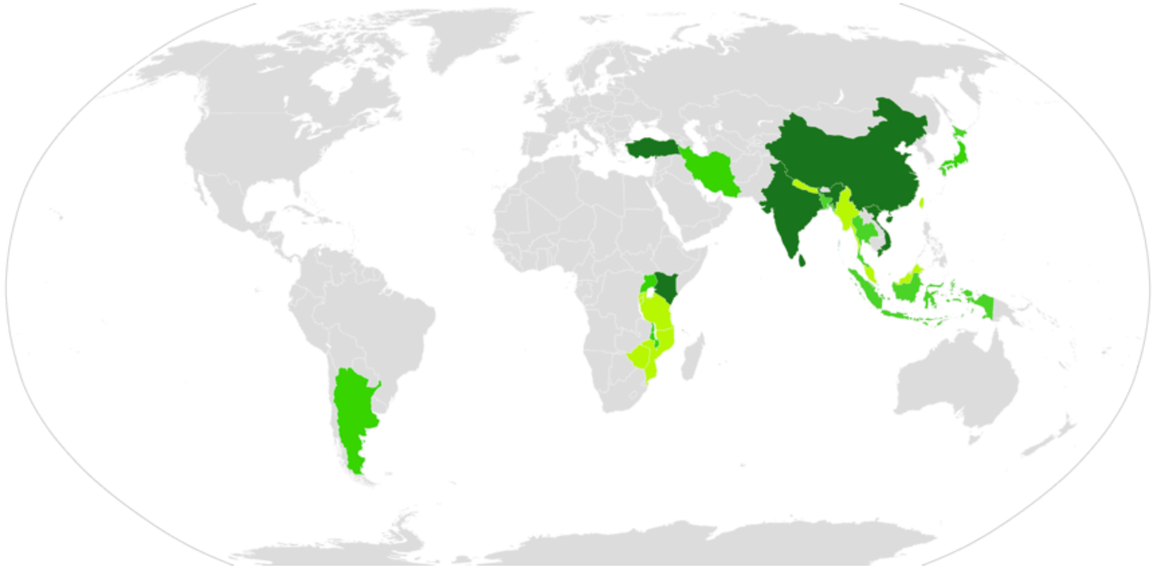
The first image is the famous *Camellia Sinensis var. Assamica*

The second specimen is *Camellia Taliensis* and the fourth specimen is *Camellia Crassicolumna*. These two species are some of the most well known amongst the rest of the wild species, and some teas are even labeled as coming from these species.

Main Types of Tea

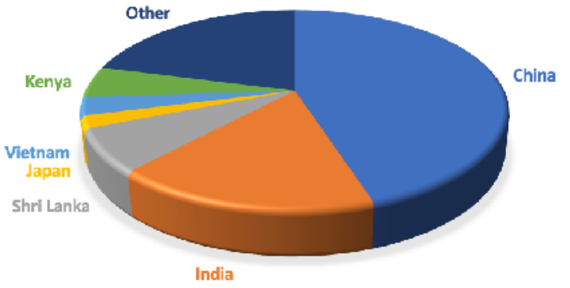
2. Origin | Goût de terroir

Soil, climate, altitude, and latitude of a particular growing region impart the taste of tea.

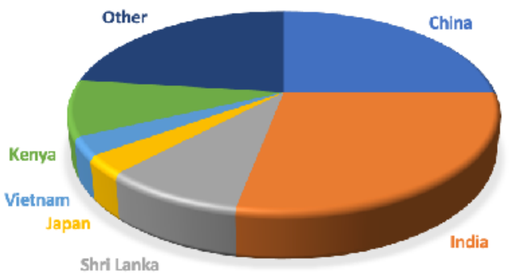


China(3000 BCE), Japan (700), India (1823), Shi Lanka (1824), Vietnam (1880), Kenia (1903), Malawi (1878), Uganda 1900), Argentina (1920)...

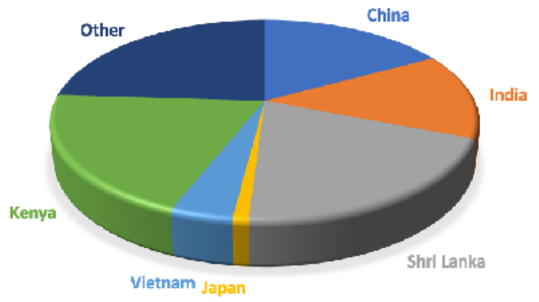
AREA OF TEA PLANTATION 1991- 2010



AVERAGE PRODUCTION 1991-2010



AVERAGE EXPORT 1991-2010



http://teaboard.gov.in/pdf/Tea

Main Types of Tea

2. Origin | Goût de terroir

1. Zhejiang | Longjing
2. Fujian | Wuyi Shan | Fuding | Anxi
3. Guangdong | Fenghuang Shan
4. Yunnan | Jingmai Shan | Yibang | Bulangu Shan | Yiwi | Bada
5. Anhui | Qimen
6. Sichuan | Mengding Shan

Main Types of Tea

Maturity of the leaves

1. Bud only
2. Bud and one leaf
3. Bud and two leaves
4. Leaves only with no stem
5. Mature leaves
6. Tea blends

Main Types of Tea

Processing Steps

1.Withering - is when leaves are losing moisture.

2. Fixation- is when hit applied to “fix” oxidation.

3. Drying - when leaves are losing more moisture.

4.Rolling / Bruising - breaking the structure of the leaf to initiate oxidation.

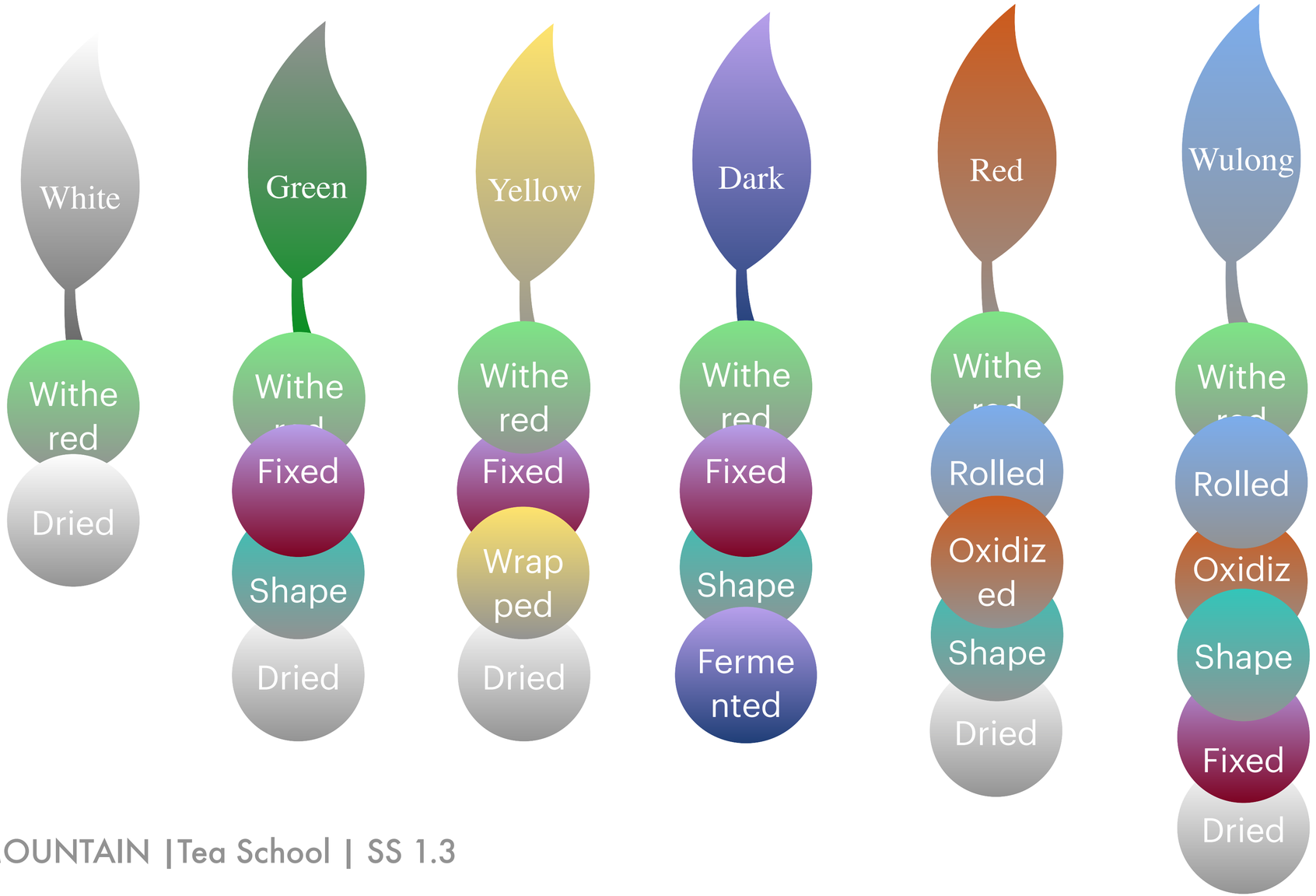
5.Oxidation - is a chemical reaction, that cause losing electrons in molecule and resulting in production of flavor and aroma compounds in tea.

6. Sorting / Shaping - achieving the consistency of leaves and desired shape of finished product.

7. Fermentation - is the process of converting carbohydrates (sugar) to organic acids, using microorganism, yeast of bacteria, under aerobic condition.

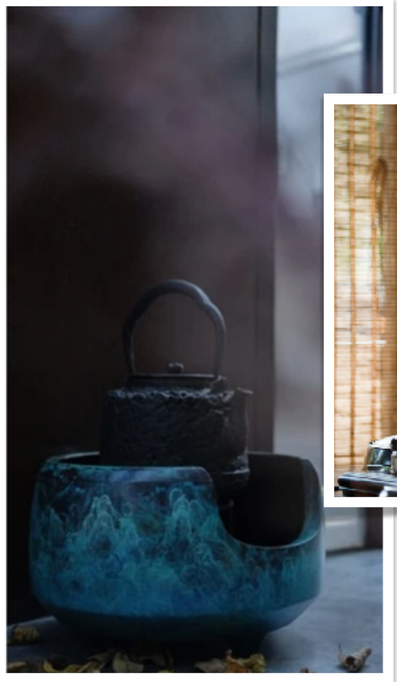
MAIN TEA TYPES

Processing Steps



Main Types of Tea

Brewing Techniques

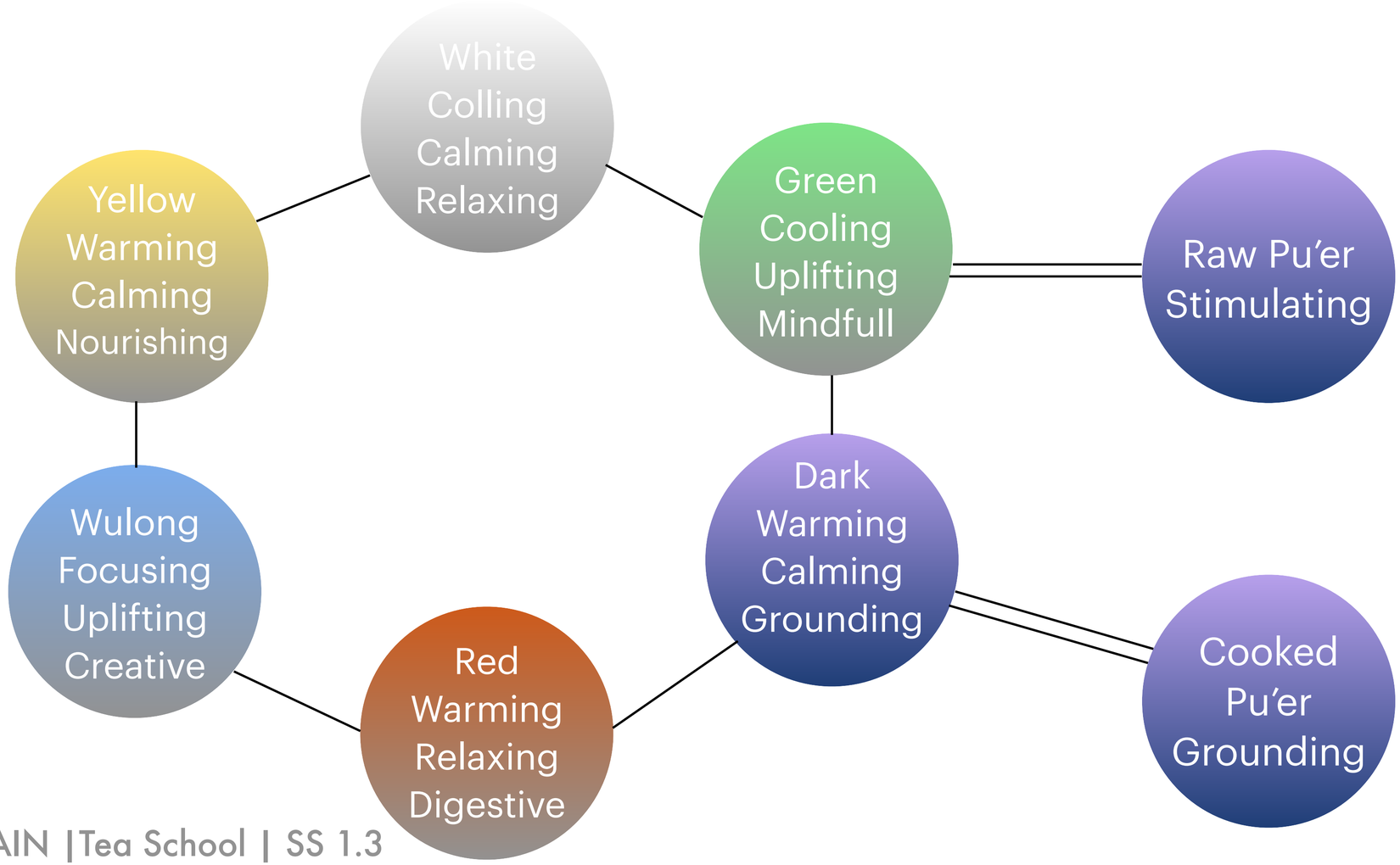


Main Types of Tea

Brewing Techniques

MAIN TEA TYPES

Effects on body and mind



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?