

Tea + Meditation Ritual

Steep + Sip + Focus + Relax

Step 1: Brewing the Tea

- Boil fresh, filtered water
- Measure 1 tsp of loose leaf tea per 6 oz of water.
- Pour the hot water over the leaves, allowing them to gently unfurl
- Let the tea steep for 3-5 minutes, giving time for the flavors to fully develop



Step 2: Gratitude for the Tea

- While your tea is steeping, take a moment to offer thanks to the tea farmers and the earth
- Close your eyes and silently say, "I am grateful for the farmers who cultivate the tea, for the land that nourishes the plants, and for the gift of this moment."
- Reflect on the connection between nature, the farmers, and yourself. Allow this gratitude to fill your heart

Step 3: Breath Work

With the tea steeping and your heart full of gratitude, begin a breath practice to center yourself

- Remove the tea leaves from your cup or pot
- Inhale deeply through your nose for a count of 4... hold for 4... exhale slowly through your mouth for 4
- Sip your tea, hold it in your mouth for a count of 6 before swallowing
- Repeat this cycle 3 times, grounding yourself in the present moment.



Step 4: Body Relaxation

Now, bring awareness to your body:

- Start with your feet. Slowly tense them for a moment, then release and relax
- Move upward through your body tense and release: calves, thighs, hips, sip your tea
- Continue on with tending and releasing your abdomen, chest, arms, and shoulders.
- Sio and swallow your tea
- Let go of any lingering tension as you move on to tensing and relaxing your neck, face, and jaw.
- Finally, allow your mind to soften



Step 5: Focus Step

After grounding yourself in the breath and body relaxation, bring your attention to the tea as a focal point

- Pour another cup if you need
- Bring the cup up to your face and inhale the aroma deeply
- Exhale and consider the movement of the leaves in your cup, or the warmth of the cup in your hands
- Allow your focus to settle on this point, bringing your awareness fully into the present moment
- As you focus, let go of any lingering thoughts, distractions, or worries. Simply be present.

Reflection Space:

May this tea and moment of relaxation bring you clarity, peace, and gratitude

Notes on your tea experience:

