



Educational Tea Seminars & Workshops by Kirsten H. Kristensen, Tea Coach & Educational Tea Master

Find Your Cup of Tea

Are you so-so about tea? Maybe you have never had a chance to find one that is just right for you. In this workshop, you will have a hands-on chance to see, smell, and taste a huge variety of different teas to help you find your favorites. Learn about tea qualities, proper brewing techniques, and try out different tea accessories.

A World of Tea

Take a journey into the exciting world of tea. Learn about tea and its differences, types, origins and various cultures of tea around the world. Learn to properly brew and taste a broad selection of teas and specialties from all over the world.

Teas and Health

Tea is a drink brewed from the leaves of the *Camellia sinensis* plant. Any other hot beverage that does not contain these leaves is technically not a tea, but some still have the same healthy benefits. Learn about the variety of teas, tisanes, herbals, rooibos, and yerba mate. See, smell, and taste a selection while learning about their origins and health benefits.

The Japanese Tea Ceremony

Learn the secrets of the Japanese Tea Ceremony. Focus on the importance of the little details and history behind the ceremony. The tea hostess will prepare and serve Japanese Matcha (powdered green tea) as well as original Japanese savories. You will also be introduced to a selection of Japanese orthodox teas.

If Teacups Could Talk (can come with full Afternoon Tea)

Imagine the stories an old teacup found in an antique shop or thrift store could tell. What stories are behind your teacup? Bring your own favorite teacup and let us hear your story while we sip a cup and enjoy tea sandwiches and a freshly baked scone from the Victorian Tea Table. What is behind teacups, what is the story behind their design, fine china and teapots in the first place? Learn about the origin of tea and tea taking, the historic development through the last 5,000 years, its importance in the Revolutionary War, and how tea is reinvented as the new 'hot' drink in today's modern world. You are welcome to dress for the occasion.

Host your own Tea Party

Why is it that we feel so special when we are invited to a tea party with a good friend? Learn about the history of tea parties, how to prepare your own, the do's and don'ts of tea etiquette, how to brew a selection of the best teas, and what to serve with tea. Let us have our own Afternoon Tea Party and enjoy the healthy benefits of tea, savories, and good friendship.

Ayurvedic Teas for your Body, Mind, and Soul

Ayurveda (Science of Life) is a 2000-year old Indian healthcare system based on the philosophy that "prevention is better than cure." It focuses on balancing a person's body, mind, and spirit in a holistic manner and believes that we can prevent many diseases in natural ways. Find your dominating *dosha* (human force) and taste a variety of Ayurvedic Teas that will help you detoxify your body, regain balance, revitalize, energize, and stimulate you. Ayurvedic preparations are safe to use for all age groups, free from side-effects, non-allergenic and non-habit forming.

Tea for the Holidays

Learn to host your own special tea for your holiday celebration. Winter Solstice and winter holidays have gathered families and friends around the tea table for centuries. Combine your own traditions with historic and cultural traditions of tea, food specialties, crafts and games to share this special time of the year.

A Christmas Tea

How is Christmas celebrated in other countries and where did the Christmas tree come from? While enjoying the best of holiday teas we will make traditional decorations, learn about the variations of Santa Claus world-wide, compare

similarities and variations of Christmas traditions in a variety of cultures, make crafts, delicacies, teas and honor the celebration of Festival of Lights, Santa Lucia, winter solstice, etc.

Royal Tea

You don't need to have blue blood to enjoy this 'Royal Tea,' but you may feel you are just as special. Sipping tea worthy of a queen you will learn what is needed to host a royal tea. Etiquette, manners, table setting, invitations, conversation, menu, etc. will be discussed to 'dress you' properly for an event of this caliber.

Tea and Chocolate Tasting

Do you have a sweet tooth, but want to learn how you can eat chocolate and be healthy? Some chocolates are actually good for you – in moderation – especially when taken with teas. Taste, compare, indulge, have fun, feel good.

Tea from East Asia

Tea was discovered in China nearly 5,000 years ago and since then thousands of varieties have been developed. Learn about the major teas from China, Taiwan, and Japan, their characteristics and brewing techniques, and taste a selection of specialty teas from the regions.

Tea 101

This basic introductory seminar will give you an overview of tea, what it is, where it comes from, where it is grown, the different types of tea, and how to brew and drink it (including tastings). It will also include a short history of tea and tea cultures around the world as well as the major health benefits.

Tea Tasting as a Pro

Have you ever wondered how a teabag tea can always have the exact same taste? What is a First and Second Flush tea? What is the difference between loose tea and tea in teabags? Learn to taste tea like the professional tea tasters and become familiar with some of the classifications and grading systems that are used in the tea business. This seminar will make you a better consumer and open a new window to the world of tea.

SPECIAL EVENTS:

Baby Shower Tea

Tea service provided, (tea cups, table setting, etc.), tea serving, special food catering, games, tea related party favors. The event will be individualized to please both guests and the mother-to-be.

Bridal Tea Shower

Special tea service provided (table setting, tea cups, etc.) white tea and artisan flower teas, customized food catering, games, bridal tea related party favors. Event individualized to meet the dreams of the bride.

Book Club Tea

Tea service provided (table setting, tea cups, etc.), tea serving and catered foods related to book topic.

Murder Mystery Tea Party

Host your own Murder Mystery Tea Party. Roles will be provided to all guests, tea and food served according to the flow of the mystery.

Spa Tea

Host your own Spa Tea. Cleanse inside out with Ayurvedic wellness teas and learn how tea can enhance your beauty, boost your health and clear your mind. This event can be combined with a presentation from a beauty consultant from e.g. Mary Kay, Arbonne, or Usana.



For Tea Seminars, Workshops, Tea Parties or other tea related information, kindly contact our Tea Coach, Kirsten Kristensen, who is certified at professional level at the Specialty Tea Institute of Tea USA, NYC and has a thorough background in tea. Tea4U LLC, Ocean/Wayside, NJ, 1-888-TEA4U-1-2, info@tea4u.com, www.tea4u.com. Fees to be negotiated upon customization of event in the range of \$275-\$325 per event, or as individual Tête-à-Teas for \$25 per person (min. 2-12 pers. depend. on location) 03/01/08-khk