



Chinese Tea Ceremonies

A Chinese Tea Ceremony is a sacred time for people to get together to talk and share their thoughts and feelings. It also can be simply to relax and enjoy the tea and a quiet moment.

The tea ceremony is a way to slow down the fast pace of modern life, focus mental energies, relax, and enjoy an ancient tradition. There are four principles in Ch'a Tao (Way of Tea), revealed by sixteenth century tea master Lu Yu. The four principles are **harmony, respect, purity, and tranquility**. They represent the highest ideals of humanity and help one's spiritual growth. The purpose of the tea ceremony is to slow down, enjoy the present moment, and open one's heart to inspiration from art and beauty in everyday life.

The ritual of steeping the tea in the small teapot can extract the finest flavor from high quality tea. In the Tea Ceremony, you will have time to allow your senses to fully experience the moment. By enjoying the purity of tea's color, smelling its special aroma, and tasting tea from a small teacup, your mind will focus on the meaningful values revealed in the Way of Tea. After the ceremony, one can find a new peace of mind and walk into the world with peaceful thoughts and pleasant mood



**Peiju Liu Picard, Tea Ceremony
Educator and Owner of Formosa
High Mountain Tea will conduct the
Tea Ceremony**

10-12:00 AM Saturday, February 4th

Urban Olive & Vine

520 2nd St. – Hudson WI.

**Reserve your space – class size is limited
715-386-0400**

\$25 per person