



The act of brewing a warm cup of tea will bring a **sense of comfort, compassion and a sense of community** to your remote teams and help them to deal with the challenges of the day!

Don't underestimate the importance of the humble brew!

Led by our Tea Sommelier, your team will join your Zoom video conference to connect, unwind and drink tea. Bring wellness to your team - virtually!

Drinking tea is associated with alleviating stress & bringing feelings of relaxation.

Individuals receive a Tea-Livery (4-5 days prior to event)

- Curated assortment of blended Tea Bags. *(for the scheduled group event)*
- (9) Wellness Tea Bags (Balance (3 total), Chai (3 total), & Detox (3 total))
- (1) Immunity Tea
- (1) High Tea
- *BONUS* (1) Child Tea Bag



[CLICK HERE TO MEET OUR TEA GURU](#)

Experience (45-minutes of tasting & connecting)

- Introduction -history of teas and their origins.
- Tasting (approx. 20-minutes)-learn proper brewing, discover unique tea blends and their properties, and benefits.
- Be in the moment - Your group will all get comfortable as the Tea Master guides you through (approx. 15- minutes) meditation before tasting begins.

Savour the moment together. Let's help elevate your employee's mood and bring a sense of calmness.

Relax & Stir up some Virtual Tea Time with your Team!