

At Dorothy's Teas we understand the importance of mindfulness, and the role it plays in maintaining a healthy and peaceful mind. In the hustle bustle of daily life, it is often hard to find the time for mindful moments; with commitments, work and family life often overtaking the ability to be truly present in the moment.

The purpose of this free PDF meditation is to help release the mind of day-to-day clutter and worries by focussing on one simple task – preparing a cup of tea.

## 10 minute Tea Meditation

Try practicing this easy meditation every day for one week and see how it influences your mental-health and wellbeing.

Slowly pour water of the correct brewing temperature over your tea or infusion of choice.



### Listen

closely to the sound of the flowing water bubbling into your cup/pot.



### Smell

the aroma – what scents can you distinguish?



### Watch

the colour of the water change and deepen.



### Feel

the heat of the cup on your hands (making sure it's not too hot!)



### Wait


the recommended brewing time then strain.



### Taste

your tea - which flavours can you pick up?

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• Chosen By Dorothy •