



Tea Leaf Reading for the Modern Soul

Instructor:

Mystic Myrtle

Location:

Lake District

Course Type:

Mindfulness

Cost:

£85.00

Learning Objectives

- Learn to interpret various tea leaf patterns and symbols.
- Understand the historical and cultural significance of tea leaf reading.
- Develop personal mindfulness techniques through focused tea rituals.
- Enhance intuition and creativity during workshops.
- Build community connections through shared experiences.

Provided Materials

- Assortment of loose leaf teas
- Ceramic teacups and saucers
- Tea leaf reading guides
- Mindfulness journal
- Decorative tablecloths

Skills Developed

Mindfulness

Creativity

Intuition

Cultural Awareness

Community Building

Course Description

Welcome to 'Tea Leaf Reading for the Modern Soul,' a delightfully whimsical class designed to help adults connect with their inner selves through the age-old practice of tea leaf reading. Led by the enchanting Mystic Myrtle, participants will embark on a journey of discovery amidst the serene beauty of the Lake District. This class offers a unique blend of mindfulness and creativity as students learn to interpret the delicate patterns formed by tea leaves at the bottom of their cups. Throughout the session, Mystic Myrtle will guide students in understanding the cultural and historical significance of tea leaf reading, transforming it into a modern mindfulness practice. Participants will engage in hands-on workshops, where they will discover techniques for identifying symbols and patterns that hold personal meaning. As students progress, they will develop their intuition and creativity, tapping into new ways of perceiving the world. The class fosters community and connection as participants share their insights and experiences, forming bonds through the shared ritual of tea. Materials provided include an assortment of loose leaf teas, ceramic teacups, and tea leaf reading guides to facilitate the learning experience. Students will also receive a mindfulness journal to record their reflections, enhancing their practice beyond the class. 'Tea Leaf Reading for the Modern Soul' is more than just a class—it's an invitation to explore, connect, and grow in a playful yet profound way.