



TEA CEREMONY MEDITATION

1/18/18 • 2/9/18 • 2/23/18 • 3/22/18

4/26/18 • 5/17/18 • 5/31/18

7:00 pm - 8:00 pm

\$15

The Way of Tea is an ancient practice of drinking tea that has a place and powerful meaning for today's living. We use all of our senses to create a meaningful experience.

This meditation is about learning to incorporate mindfulness as a daily practice, something that can be done in everyday life. You will take away in your heart the lessons you learn from this time together and be able to apply them in your life to gain happiness, reduce stress, and be more present for the people you love. Great for beginners and seasoned meditators. Tea is herbal, no caffeine.

Please register at
www.jenniferkwebb.com

**For more information, please contact Jennifer Webb
at 404-309-7273 or jennifer@jenniferkwebb.com**



JENNIFER WEBB
MINDFULNESS
PRACTITIONER &
MEDITATION LEADER

Jennifer Webb will introduce you to the ancient practice of Tea Ceremony. This is a moving meditation that will awaken the senses and incorporate mindful practices to use in everyday life.

Jennifer is the author of Mom's Soul Café and has practiced mindful meditation since 2008. She is a member of International Sound Therapy Association (ISTA).



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