



## Speaking Programs by Lisa...

### Tea Tasting and Pairing

Fine teas just like fine wines can be very complex. Learn the differences between white, green, oolong, black, and Pu-erh teas while tasting them. Find out how to select, store, and brew each type. This program gives suggestions on tea and food pairings, as well as tips to hold your own tea tasting party.



### Tranquili-Tea



Tea is such a unique beverage with the ability to stimulate your mind, soothe your soul, and fuel your body with nutrients all at the same time. This program explains what is really in your tea and why it so good for you to drink. Guidelines will be given on how much and what type of tea you should be drinking for your mind, body, and soul.

### The Art of Taking Tea

What better way to take tea than to know the proper etiquette that goes along with it? Learn what to eat first, where your napkin is placed, and American and Continental style of eating. Discover the differences between high tea, afternoon tea, cream tea, and royal tea. Tips on having tea out and hosting your own tea at home will also be provided.



### Steeped in Tradition

Tea is the second most popular beverage in the world and has been around for centuries. This program reveals tea's surprising covert past to its civilized present. Learn why it is so popular worldwide and about tea traditions in other countries. This is a "can't miss" program for tea lovers.

### Culinary Classes on Afternoon Tea

Want to host a tea party but not sure how to put it all together? This class offers the basics on organizing and cooking for an unforgettable tea. Learn how to make scones, finger sandwiches, and desserts to fit a theme for an extraordinary tea party. Tips will be given on proper preparation and serving of tea.

