

Mindfulness & Matcha Tea Ceremony



teambuilding.com partner Virtual 60 min 12 - 125 guests \$125 pp

Available January 12

Our fantastic partner company will teach you and your team how to prepare Matcha tea in the traditional Japanese style with a Chawan, Chasen and Chashaku, offering a fun and immersive Japanese experience for your team to bond. While making the tea, we will discuss the tea-making technique, the health benefits of Matcha, and how to properly store the tea. We'll share our best Matcha recipes, its importance in Japanese culture, and dive into mindfulness.

Your guests will receive Matcha tools and premium ceremonial-grade Matcha powder to enjoy during the event.



Agenda

Total ⁶⁰
minutes

Included Kits

Your booking includes a kit sent to each guest at no additional cost, with free shipping & handling in the continental USA. The kit is sourced from locally owned small businesses and uses premium ingredients and sustainable packaging.

Value: \$42.50 per guest.

About teambuilding.com

We build and run world class team building experiences, with 1,000,000+ participants and 45,000+ clients to date. You can choose from 50+ experiences, both in-person and virtual that are designed to maximize participation, engagement, teamwork and happiness. Every experience is led by an expert teambuilding.com host with substantial training to make sure your experience exceeds expectations.