



## INFUSE. BREATHE. BE

**Dear Kindred Spirit,**

Making time to nurture ourselves is so important.

I've teamed up with Smiling Mind to create a Tea Meditation ritual just for you.

It's an easy way to nourish your mind while your favourite blend is infusing.

Take this time for yourself. Slow down as you prepare your tea, following the simple steps overleaf.

Then, as your favourite blend is infusing, listen to a 3 minute Infusion Meditation - simply press play and experience greater calm and clarity.

By the end, your tea will be perfectly infused.

**Enjoy, Corinne.**

## TEA TIME MEDITATION

Enhance your Madame Flavour tea experience with these simple mindful moments.

Before getting started, make sure your 3-minute 'Infusion Meditation' is ready to play.



### **MINDFUL MOMENT 1**

Select your favourite cup and carefully place it down. Choose your desired tea and place it in your cup.



### **MINDFUL MOMENT 2**

As the water boils, take this moment to be still; breathe, and remember, right now there is nowhere else you need to be.



### **MINDFUL MOMENT 3**

Once the water has boiled, fill your cup. Observe as the leaves and herbs begin to infuse and expand.



### **MINDFUL MOMENT 4**

Allow your tea to infuse properly. Use this time to enjoy the 3-minute 'Infusion Meditation'. Simply press play and let your mind become still.



### **MINDFUL MOMENT 5**

Your tea is ready. As you take the first sip, notice the warmth on your lips and taste the delicate flavours. Reflect on its nurturing benefits.



### **MINDFUL MOMENT 6**

Thank yourself for taking this time to nourish your mind and body. Continue your day with a smile on your mind.

To access the Madame Flavour Tea Meditations go to [madameflavour.com/smiling-mind](https://madameflavour.com/smiling-mind) or download the free Smiling Mind App and click on 'Collaborations / Madame Flavour' for easy access anytime.

Smiling Mind is an Australian not-for-profit providing free web and App-based Mindfulness Meditation programs from age 7 through to Adults.

[smilingmind.com.au](https://smilingmind.com.au)