



World Tea Tasting

with Mindfulness



Get **wholesome**
experience of teas

Practice
Mindfulness

Learn about Tea
History, Creation,
Health Benefits

Enjoy Tea Tasting

Tea Goodies!



About the Instructors

Mona Kaur Bansal

Certified Tea Sommelier

Certified Yoga Alliance Instructor

Mona has received her Tea Sommelier Certificate from International Tea Masters Association (ITMA) and has attended the Tea Business Bootcamp with World Tea Expo. She is also a Certified Yoga Instructor with Yoga Alliance. With her love for tea and practicing yoga for many years she along with Manish has created a deeper way of enjoying tea.

Manish Bansal

UCLA Trained Mindfulness Facilitator

Manish has been practicing and sharing mindfulness in various forms for several years. He has completed training on MBSR (Mindfulness Based Stress Reduction) from UC-Irvine and UMASS-Medical School, Mindfulness Awareness practices (Level 1 and 2) from UCLA, and Mindfulness Facilitator retreat at Spirit Rock.

Location: Lago Santa Margarita
Beach Club

21471 Avenida De Los Fundadores

Date: 4 Sessions Starting
Thursday October 3rd

Time: 6:00 p.m. - 7:30 p.m.

Cost: \$89.00

To Register Contact Mona Kaur
Bansal at info@purnamm.com