



matchaya

# Matcha Appreciation & Wellness Workshop

Be #friendsofmatchaya



# Matcha Appreciation & Wellness Workshop

## PHILOSOPHY

At Matchaya, we believe that every tea experience should be built upon a sensorial engagement between our five senses and tea. With that philosophy, our tea appreciation workshops will open your eyes to the world of tea and the numerous benefits that this noble drink brings.

We are the way of tea — the way to the source, and where we provide tea for every occasion so that everyone can enjoy it.

## MATCHA – THE SUPERFOOD

In recent years, matcha — once only shared among the highest nobility in Japan — has transcended from simply being an aristocratic beverage to one of the most lauded superfoods today. Besides its long list of health benefits, matcha is also backed by remarkable culture and tradition, which should still be celebrated, more so in our fast- paced modern world.

Here are five (5) reasons why people are loving matcha:

1. It's delicious
2. It's full of nutrients for your health
3. It's great for a body detox
4. It's been valued for centuries
5. It can help in weight loss and management

[Download the course outline here!](#)





# Matcha Appreciation & Wellness Workshop





## Event Space

We welcome companies looking for a beautiful space to host product launches, seminars, parties, press/media events, team building workshops or even Tea Appreciation Workshop.

Situated nicely and conveniently in the heart of town, let our well curated interior be the perfect setting for your every need!

