

Seattle Chinese Garden
Wu Wo Tea Tutorial



Introduction

2017 Wu Wo Tea Gathering

One beautiful day in June 2017, something magical happened in Knowing the Spring Courtyard. At the Garden's first Wu Wo Tea Gathering, 40 participants rolled out sitting mats, arranged tea ware, and made and served tea to fellow participants and spectators — all in complete silence. When the gathering ritual concluded, lovely music played on the Chinese zheng wafted through the courtyard, a master calligrapher gifted a scroll of his writing to the Garden Society, and participants visited and chatted with each other. We were so struck with the beauty and magic of the gathering that we plan to host two Wu Wo gatherings and several other tea programs each year. Please visit our website often and join us at the various events we will be launching for your enjoyment!

2018 Gatherings

Sunday, June 17 ~ 2:00–4:15 PM • Late Summer Date to Be Announced

SCG invites you and your friends to join the Garden community for our 2018 Wu Wo tea gatherings — both in Knowing the Spring Courtyard. Attendance is limited to 100 participants. Everyone is welcome, from tea masters to those wishing to learn about tea traditions. Children who would enjoy the quiet nature of this event may participate with a parent. If registration for the June 17 gathering fills, those we can't accommodate will have first priority for the late summer event.

About Wu Wo

A Wu Wo tea gathering is a particular way to experience tea making, drinking, and sharing. Wu Wo (无我) means “selfless” – a principle expressed through the sharing process. First-time participants would benefit from viewing the wonderfully demonstrative video by the Northwest Wu Wo Tea Society and several useful YouTube clips on how to brew and serve Chinese gongfu tea.

www.nwwuwotea.com

Page 2 provides information on supplies needed, the gathering procedure, and tea making and sharing protocol. Please review the guidelines prior to the gathering date. They will enhance your savoring of tea and participation in the gathering. Should you have questions, please feel free to email Chunman Gissing, tea program coordinator, hungchunman@gmail.com.



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Items to Bring

- A mat for sitting or kneeling, such as yoga mat or something similar
- A tea tray, or a solid flat service board for placing your tea ware
- Tea you would like to share for the event
- Teapot
- Tea sift
- Small tea serving pot/pitcher
- Thermos with hot water
- 4 teacups (generally small ones)
- Small tea tray (optional) for serving tea to the 3 people on your left
- Tea towel
- Decorative items you wish to include for the ambience of your tea station (optional, depending on your personal style of making tea)

Gathering Program

1. Sign in and draw number.
2. Find your number spot and set up your tea station.
3. Start making tea.
4. First serving, leave the teacup with the participants for the second serving.
5. Second serving
6. Third serving given to spectators
7. Guzheng music
8. Dance
9. Calligraphy prize drawing
10. Pick up tea station.
11. Group photo
12. Tea gathering ends.



Camellia sinensis
山茶 mountain tea

Tea Making Instructions

1. Prepare hot water (vary temperature as needed) and warm the tea ware.
2. Measure out tea and place into teapot.
3. Pour in water to rinse the tea, pour out water.
4. Repeat 3 times; use this tea to rinse tea wear again.
5. Refill the teapot for the first infusion, cover with lid and steep tea for 20+ seconds; green tea requires less time than does black tea. Pour tea to serving pot.
6. If offering for savoring the aroma before drinking, pour one cup for a guest, then one into smelling cup, let sit for a few seconds, then place tea cup upside down on smelling cup, and hold tight gently, turn the two upside down to allow tea to go to tea cup. Offer the cup for the smelling before drinking.
7. Serve tea. Some people slurp tea to show appreciation and give praise to the well-steeped tea.

Links: Wu Wo Demonstrations and Tea Tutorials

Wu Wo Tea Ceremony Basics <https://www.youtube.com/watch?v=XRoG-VdW8Go>

Wu Wo Wishes <https://www.youtube.com/watch?v=3Nwk8t4gA6Y>

Gongfu Tea Tutorial https://www.youtube.com/watch?v=MtWVky_dw_c

How to Brew Types of Chinese Teas in Various Tea Ware <https://www.youtube.com/watch?v=nritQ6KGvMs>