



DEEPER ROOTS. DEEPER CONNECTIONS.

Tea for meaningful practice & partnership

Ancient tree Pu'er tea for retreat hosts, yoga studios, sound practitioners and thoughtful retailers.

Long-term supply / Ceremony education / Origin experiences

innerchi-tea.square.site

01 / ORIGINS & EXPERIENCE

Rooted in living tradition.



600-1,200 years of rooted presence

Our supplier describes the source trees as approximately 600-1,200 years old. InnerChi honours these ancient arbor tea trees as a living connection between earth, sky and generations of tea practice.

From remote forests to your tea space

Sourcing in remote tea-growing landscapes brings challenges in access and transport. Careful handling, storage and quality control matter throughout the journey. Trusted supply relationships and product-specific documentation are central to our approach.

A natural fit for retreat life

Tea ceremony is offered alongside sound and music in Bali. InnerChi provides tea with spirit for meditation, breathwork, awareness training, yoga, qigong and somatic practice - a ritual of tasting, listening and shared presence.

Energy and grounding describe our spiritual approach and personal experience of tea.

Bali example: 7 Direction Tea Ceremony, Ubud, with live Sound Medicine music.
megatix.co.id/events/direction-tea-ceremony-feb3rd. Tree ages are supplier descriptions.

02 / THE TEA

Made to be enjoyed over time.

Zen Joy

Sheng Pu'er 2019

Sweet Dew

Shu Pu'er 2020

Sweet Dew Aged

Shu Pu'er 2017

**Natural cotton paper. Room to mature.**

Our cakes are rewrapped in natural cotton paper, selected for breathability, durability and no added chemical treatments. This traditional wrap protects the tea while allowing it to breathe during long-term storage.

A collection that evolves with you

Pu'er develops through post-fermentation and ageing. In a clean, odour-free environment with suitable temperature and humidity, its character can become mellower and more complex over time. Careful storage is part of the craft of collecting.

Beyond Asia, enthusiasts in the United States and Europe collect and age Pu'er. Build a collection to drink, share and revisit: an investment in your wellbeing ritual and future enjoyment, with the possibility of collector value.

Reliable sourcing. Documented testing.

Bai Fu Zang Cang is our trusted supply partner. Supplier reports cover 560 pesticide residues. The supplied 2019 Zen Joy and 2019 Sweet Dew reports cite Tentamus Analytics Lab and TFDA-14 / TAF-1878. Ask for the report applicable to your selected tea and vintage.

Ageing and collector value depend on tea quality and storage; resale returns are not assured. Packaging is a concept. Further reading: puerhnw.com/pages/about-us; puerh.fr (tea storage).

03 / WORK WITH US

Tea, training & a way to share.

20% OFF**+ FREE TRAINING****Tea orders over AUD \$1,800****Seven-Bowl Tea Facilitator Course | Value AUD \$688**

Whole cakes: approx. AUD \$588 each (approx. 376 g). Four cakes: \$2,352; after 20% off, \$1,881.60 - save \$470.40.

For long-term partners: four online classes of two hours each. Introduction and course arrangements planned before the end of 2026.

Seven bowls. A shared journey into stillness.

Inspired by Lu Tong's Seven Bowls of Tea poem, this contemporary group meditation modality is developing in Taiwan and China. Seven small bowls are shared in sequence, with guided pauses for quiet tasting, body awareness and reflection.

Within our traditional Chinese meridian approach, the practice is intended to encourage the free flow of Qi through the Ren and Du vessels (Conception and Governing vessels) and the Bladder channel. This describes the practice's traditional energetic intention.

The right tea makes starting simpler

Selected ancient tree tea is easy to prepare as a delicious brew by gentle simmering. Make it ahead and hold it in insulated serving vessels: a simpler starting point than brewing each round live with a full tea set, while offering an immersive experience.

PER GUEST: 450-500 ml across seven bowls

Approx. 1.75 g of tea per person, using our selected tea and method.

Already teaching yoga or another modality? Easily weave Seven-Bowl Tea into your energy work as an opening ritual, a reflective pause or a shared closing practice.

Start with 3-8 guests. For larger groups, add pouring assistants and larger brewing or holding equipment, such as a suitable automatic hot-water urn. Tea preparation, equipment, group scaling and facilitation are taught in the course.

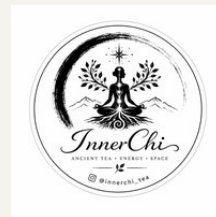
Tea-origin journeys can be arranged; travel costs quoted separately. Prices in AUD; product details, freight and tax confirmed by quotation. Practice background: dpm.org.cn; kadhampa.com.tw. Quantities are InnerChi's session guidelines, adjusted to the tea selected.

04 / MEET JENNY

A personal vow, shared.

Jenny Tai

Founder & Australian representative



Tea began in my childhood, through the tea gardens in my mother's family. Around 15 years ago, I began studying tea tasting, tea ceremony and Buddhist teachings in China and Taiwan. I practised Zen meditation in Taiwan and opened Zen Tea Studio on Shanghai's popular Wukang Road.

In Shanghai, my tea master used a rare tea for energy-channeling practice. Its powerful presence in my meditation stayed with me. When I could no longer obtain it, I paused my tea practice; I could not forget that experience.

In 2024, during my recovery, I discovered a tea that felt just as profound to me. It rekindled my practice, and the supplier entrusted me with the mission of bringing this tea to Australia.

Today, I represent this tea and modality in Australia as a spiritual and personal-development vow. My learning continues through qigong and energetic body alignment, rooted in the classical Chinese medicine lineage of Jacques Pialoux (O.M.D.), with a French teacher visiting Taiwan. This tradition draws on classical acupuncture, the Yi Jing and Chinese energetics. InnerChi is my way of sharing tea with spirit, and making space for others to deepen their own practice.

Lineage background: acupunctureclassique.com; fondation-lcc.ch.

LET'S CREATE A LASTING PARTNERSHIP

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