



## **How to drink Matcha tea (Ousu/thin tea)**

First you will get a piece of Japanese sweet on a piece of Kaishi paper. While your tea is prepared you can enjoy it. Finish it before your tea is served if you can.

When your bowl of tea is ready, come forward and receive it. Or the server will bring it to you. Place it in both of your palms when you receive it. When you sit down, bow your head while raising the bowl slightly, in a gesture of gratitude.

Now place the bowl in your left palm and with your right hand turn small turns clockwise twice. With your left hand under the bowl and your right hand on the side of the bowl, drink all your tea.

After you finish, wipe off where you drank from with your right thumb and index finger twice and wipe your fingers with your kaeshi paper which came with the sweet.

Now turn the tea bowl back two small turns counter clockwise with your tight hand. Place your right hand back on the side of the bowl and hand it back to the server or the server will come to you to pick it up.

Do not worry about following this ritual exactly. Feel free to ask the server for assistance if you want clarity. The most important thing in the way of tea is that you relax and enjoy the tea and sweets with respect and gratitude.

Enjoy!