Chado (Japanese Tea Ceremony) incorporates all of the Japanese arts with a heavy emphasis on meditation through the ritual of preparing and partaking of tea. The antioxidant benefits of green tea are well known. Chado also assists in the prevention of arthritis and Alzheimer’s through its focus on manual and mental dexterity. Please join us for a moment of peace through the sharing of a cup of tea.

Sochi Nomoto is a Chado teacher and has taught at UCI Extension. She has also given numerous demonstrations at such cultural locations as the Bowers Museum.

Thursday, June 7, 2012
7:00-8:00 pm

Note time change

UC Irvine Campus, Med Ed building,
Third floor, Colloquium Room, School of Medicine

This talk and opportunity for discussion is offered by the Susan Samueli Center for Integrative Medicine. All are welcome; there is no fee; RSVP not required. Additional information: www.sscim.uci.edu or call 949/824-5763.