

# The Mindful Tasting Experience

## Elevate Your Senses



### EMPOWER YOUR PALATE

In today's rushed world we are often physically present but not always mentally. The Mindful Tasting Experience is designed to help you arrive in full presence by releasing stress-induced tension from your body & quieting the anxious chatter in your mind.

Through a professionally guided relaxation & mindfulness journey you'll step into your wine tasting with intentionality and heightened senses. Under expert guidance, the process of admiring, exploring, and reflecting on your wine transforms into a holistic mind-body-spirit immersion.

Maria Mayes, host of the Chakras & Chardonnay Podcast blends her expertise as a Chopra Certified Meditation Teacher & Well-Being Coach with over a decade of experience educating in a boutique winery on the road to Yosemite and working with growers in the ag-tech space.



#### MINDFUL TASTING PROCESS

1. Arrive
2. Intend
3. Admire
4. Explore
5. Reflect



Take 5, LLC is a Wellness Company dedicated to Health Empowerment, Stress Management, and Mindful Consumption.

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