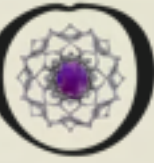


YOPO



7 Chakra Afternoon Tea

YOPO

Seven Chakras

Join us as we explore the essence of the Seven Chakras,
incorporating affirmations and healing practices.

7 Chakra Afternoon Tea

Our Seven Chakra Afternoon Tea is a culinary journey rooted in self-care
and holistic well-being.

Each dish is inspired by the Seven Chakras, symbolising energy centers
within the body. From the grounding root chakra to the ethereal crown
chakra, every bite is infused with intention and purpose, nurturing both
the palate and the soul.

Embark on a transformative journey through the Chakras with our carefully
curated tea and food pairings, where each tea complements and enhances
the flavours. Let every sip and bite awaken your senses to harmony and
wholeness.

May this experience inspire you to cultivate self-care and holistic well-being
in every aspect of your life.

Enjoy the journey.

Crown Chakra



Third Eye Chakra



Throat Chakra



Heart Chakra



Solar Plexus Chakra



Sacral Chakra



Root Chakra



YOPO

Be welcomed with our **Ceremonial Pistachio Matcha Green Tea**, setting the tone for the enchanting journey ahead. Enjoy its velvety texture and balanced flavour. Immerse in the myriad benefits of Matcha, from aiding weight loss to enhancing focus and immunity, crafted with AAA+ grade quality dating back to 9th-century Japan.

7 Chakra Afternoon Tea

The Heart Chakra

Portland Crab, Avocado, Nasturtium & Plantain

(Vegetarian: Asparagus)

Enhanced by the **British Grown Jersey Green Tea**, this award-winning blend from Jersey's mineral-rich soil infuses every sip with floral sweetness, perfectly complementing the flavours of the dish.

The Solar Plexus Chakra

Jamón Ibérico, Manchego & Mustard Aioli with Brioche Mini Bun *(Vegetarian: Aubergine)*

Paired with the **Cristallo White Tea & Peach Blend**, reminiscent of a luscious Peach Bellini, this combination elevates your palate to new heights of refinement and joy.

The Sacral Chakra

Yellowtail Tostada, Sweet Potato & Physalis *(Vegetarian: Girolle Mushroom Tostada)*

This dish is complemented by the sophisticated **Saltoro Black Tea & Mango Blend**, inspired by the majestic Saltoro Mountain. With notes of Pakistani mango, Darjeeling Black Tea, Oolong and Wild Young Green Tea from Yunnan province, this blend ignites your creativity and passion.

The Root Chakra

Smoked Beetroot, Feta & Salted Almonds

Perfectly paired with the **8 years' Vintage Ripe Pu'Er Black Tea**. Authentically aged for a soothing texture and delicately sweet peach finish, this tea invites you to root yourself in tranquility.

The Throat Chakra

Blue Cheese Tart, Grapes Guava Jam & Candied Pecan
Accompanied by the caffeine-free **Dusk Tea** from Kate Moss' COSMOSS collection, this calming blend of chamomile and soothing herbs alleviates stress and anxiety, allowing your voice to resonate with clarity and confidence.

The Third Eye Chakra

Blueberry & Lemon Confit Financier

Paired with the mesmerising **Blue Aurora Oolong Tea**, this colour-changing elixir draws strength into your intuition with each sip, while the delicate blend of Milky Oolong and floral infusions delights your senses in a symphony of flavours.

The Crown Chakra

Spiced Blackberry & Apple Choux Bun

Paired with the **Hibiscus and Rose Blend**, a symphony of rich, juicy fruits with floral notes, this tea is carefully crafted from red berries and hibiscus shells sourced from selected gardens.



The Beginning

The Finale

*Ever felt physical or material fears, financial stress
or instability?*

*That's the **Root Chakra** at work.*



Root Chakra *(Muladhara)*

Location: Base of the spine

Colour: Red

Element: Earth

Affirmation: "I am grounded and secure."

The Root Chakra, also known as Muladhara, is the foundational energy center located at the base of the spine. It represents our sense of grounding, security and stability.

Imbalances in this chakra can manifest as feelings of insecurity, financial worries and a lack of physical vitality.

Healing Practices:

To heal and balance the Root Chakra, engage in grounding practices such as walking barefoot, spending time in nature or using red crystals like red jasper or garnet.

Chant the sound "LAM" to nurture stability and security. Integrate this mantra into meditation or use a crystal singing bowl tuned to the Root Chakra's frequency.

Surround yourself with the colour red in your environment and clothing, to further support Root Chakra healing.

Tea and Food Pairing:

Smoked Beetroot, Feta & Salted Almonds - Rooted in earthy flavours, this dish embodies the stability of the Root Chakra. Paired with our 8 Years' Old Vintage Ripe Pu'Er Black Tea, it offers a harmonious balance and grounding experience with smoky and sweet flavours of honey complemented by a subtle yet sharp citrus finish.



Sacral Chakra (Svadhithana)

Location: Lower abdomen, just below the navel

Colour: Orange

Element: Water

Affirmation: “I am connected to my emotions and creativity.”

The Sacral Chakra, known as Svadhithana, is situated in the lower abdomen and is associated with emotions, creativity and sensuality.

Imbalances in this chakra can manifest as emotional numbness, creative blocks and difficulties in expressing one’s feelings.

Healing Practices:

To heal and balance the Sacral Chakra, engage in creative endeavors such as art, dance or music. These activities can unlock emotional expression and enhance creative flow.

Chant the “VAM” mantra to encourage creativity, emotional expression and sensuality. Pairing it with a frosted crystal singing bowl deepens emotional connection and boosts creative energy.

Surround yourself with orange hues and use crystals like carnelian or orange calcite to support Sacral Chakra healing.

Tea and Food Pairing:

Yellowtail Tostada, Sweet Potato & Physalis - Embracing vibrant flavours, this dish embodies the creative essence of the Sacral Chakra. Paired with our Saltoro Black Tea & Mango Blend, inspired by the Saltoro Mountain in Kashmir, it enhances emotions and creativity. With Indian and Chinese black teas, spices, mango and saffron, it elevates your culinary journey.

*Ever felt emotionally blocked, creatively stagnant
or struggled with expressing your emotions?*

*That’s the **Sacral Chakra** at work.*



Ever experienced feelings of low self-worth, found it challenging to assert yourself or felt powerless?

That's the Solar Plexus Chakra at work.



Solar Plexus Chakra (Manipura)

Location: Upper abdomen, around the navel area

Colour: Yellow

Element: Fire

Affirmation: "I am confident and empowered."

The Solar Plexus Chakra, known as Manipura, is situated in the upper abdomen and is associated with self-esteem, personal power and confidence.

Imbalances in this chakra can manifest as low self-esteem, lack of self-confidence and feelings of powerlessness.

Healing Practices:

To heal and balance the Solar Plexus Chakra, engage in activities that boost self-confidence, set and achieve goals, and practice deep breathing techniques.

Chant the "RAM" mantra to foster self-confidence, empowerment and personal identity. This chant bolsters self-esteem and assertiveness. Amplify its effects by pairing it with a frosted crystal singing bowl.

Surround yourself with the colour yellow and incorporate yellow gemstones like citrine or yellow tiger's eye to support Solar Plexus Chakra healing.

Tea and Food Pairing:

Jamón Ibérico, Manchego & Mustard Aioli with Brioche Mini Bun - A flavourful ensemble embodying the assertive essence of the Solar Plexus Chakra. Paired with our Cristallo White Tea & Peach Blend, inspired by Mount Cristallo in Italy, it brings delicate balance and amplifies your confidence and empowerment with its refined flavour of white tea, complemented by hints of juicy peach and sharp pomegranate notes.



Heart Chakra (Anahata)

Location: Center of the chest

Color: Green or Pink

Element: Air

Affirmation: "I am open to giving and receiving love."

* * * * *

The Heart Chakra, known as Anahata, resides in the center of the chest and is associated with love, compassion and emotional healing.

Imbalances in this chakra can manifest as difficulty in giving and receiving love, emotional pain and heartache.

Healing Practices:

To heal and balance the Heart Chakra, practice self-love, express gratitude, engage in acts of kindness and incorporate heart-opening yoga poses into your routine.

Chant the “YAM” mantra to nurture love, compassion and emotional healing. This chant aids in healing wounds and fostering self-love, especially when paired with a frosted crystal singing bowl.

Surround yourself with the colours green and pink, and incorporate green or pink gemstones into your environment to support Heart Chakra healing.

Tea and Food Pairing:

Portland Crab, Avocado, Nasturtium & Plantain - A delectable blend embodying the nurturing essence of the Heart Chakra. Paired with our exquisite British Grown Jersey Green Tea, hand-harvested in Jersey's mineral-rich terroir, it offers a harmonious balance and enhances your capacity for love, compassion and emotional healing with its rich, floral and sweet notes complemented by creamy undertones.

*Ever experienced challenges in opening your heart,
giving or receiving love, or coping with emotional
pain?*

That's the Heart Chakra at work.



Ever experienced challenges in expressing yourself, speaking your truth, or felt inhibited in communication?

*That's the **Throat Chakra** at work.*



Throat Chakra (Vishuddha)

Location: Throat area

Color: Blue

Element: Ether (or Akasha)

Affirmation: "I speak my truth with clarity and confidence."

The Throat Chakra, known as Vishuddha, is situated in the throat area and is associated with clear communication, self-expression and speaking one's truth.

Imbalances in this chakra can manifest as difficulty in expressing oneself, fear of speaking up and communication issues.

Healing Practices:

To heal and balance the Throat Chakra, engage in practices that promote authentic self-expression and active listening.

Chant the "HAM" mantra to promote clear communication and authentic voice. This chant releases inhibitions and fears around self-expression, especially when paired with a frosted crystal singing bowl.

Surround yourself with the colour blue and incorporate blue gemstones like blue lace agate or aquamarine into your environment to support Throat Chakra healing.

Tea and Food Pairing:

Blue Cheese Tart, Grapes Guava Jam & Candied Pecan - A delectable blend embodying the communicative essence of the Throat Chakra. Paired with our Dusk Tea, a caffeine-free blend of chamomile, lemon balm and butterfly pea flower, celebrated for its soothing properties, it fosters clarity and confidence in your expression. This exquisite tea is sourced from the renowned COSMOSS collection, curated by Kate Moss herself.



Third Eye Chakra (Ajna)

Location: Center of the forehead, between the eyebrows

Color: Indigo

Element: Light

Affirmation: “I trust my intuition and inner wisdom.”

The Third Eye Chakra, also known as Ajna, is located at the center of the forehead and is associated with intuition, inner wisdom and spiritual insight.

Imbalances in this chakra can manifest as a lack of clarity, difficulty in making decisions and feeling disconnected from your intuition.

Healing Practices:

To heal and balance the Third Eye Chakra, engage in practices that promote meditation and mindfulness.

Chant the “OM” mantra to enhance intuition, inner wisdom and spiritual awareness. This chant activates the third eye and deepens your connection to the inner self, especially when paired with a frosted crystal singing bowl.

Surround yourself with the color indigo and incorporate indigo gemstones like amethyst or lapis lazuli into your environment to support Third Eye Chakra healing.

Tea and Food Pairing:

Blueberry & Lemon Confit Financier - a heavenly blend of zesty lemon and succulent blueberries, resonating with the intuitive essence of the Third Eye Chakra. Paired with our **Blue Aurora** tea, a mesmerising colour-changing elixir, it offers a transcendent experience that deepens your connection to intuition and inner wisdom, creating a sensory journey beyond compare.

Ever felt unsure of your path, struggled to make decisions or felt disconnected from your inner wisdom?

*That's the **Third Eye** at work.*





Crown Chakra (Sahasrara)

Location: Top of the head

Color: Violet or White

Element: Thought

Affirmation: "I am connected to the divine wisdom within me."

The Crown Chakra, known as Sahasrara, is situated at the top of the head and is associated with spiritual connection, enlightenment and divine wisdom.

Imbalances in this chakra can manifest as a disconnection from your higher self, a lack of spiritual awareness and a feeling of being lost or disconnected.

Healing Practices:

To heal and balance the Crown Chakra, engage in practices that promote spiritual growth and meditation.

Chant the "NG" mantra to enhance spiritual connection, enlightenment and unity with the universe. This chant opens the gateway to higher consciousness and divine wisdom, especially when paired with a frosted crystal singing bowl.

Surround yourself with the colors violet or white and incorporate gemstones like amethyst or clear quartz into your environment to support Crown Chakra healing.

Tea and Food Pairing:

Spiced Blackberry & Apple Choux Bun - a divine creation that resonates with the essence of the Crown Chakra, guiding you towards inner harmony and enlightenment. Allow the rich flavours to elevate your senses and deepen your connection to the spiritual realm. Paired flawlessly with our Hibiscus & Rose blend, this transcendent union promises to ignite your soul and awaken your inner wisdom.

Ever felt spiritually disconnected, lacked awareness of higher truths, or struggled to find meaning?

*That's the **Crown Chakra** at work.*



YOPO

7 Chakra Afternoon Tea



20-21 Newman Street
London, W1T 1PG
+44 (0)203 146 7770

If you get lost, follow us.

@themandrakehotel
@yopo.london
themandrake.com