



Lhasha Tizer

Lhasha Tizer, MS, has been practicing and teaching meditation and mindfulness for over thirty years. Lhasha is a Community Dharma Leader trained in Insight Meditation through Spirit Rock Meditation Center in Woodacre, CA. She completed her training in 2012 and has been teaching Buddhist Studies since 2010, when she began the program.

Lhasha has a diverse background as a holistic health counselor, a holistic nutritionist, an instructor of *Chanoyu*, the Japanese Way of Tea, a co-author of the book *Tea Here Now*, and has recently completed her first year of training in Somatic Experiencing level 1.



Donna Fellman

Donna's experience managing tea houses, training staff and talking to customers convinced her that tea education was essential for the future of the specialty tea industry's growth. To that end, she focused her work on serving the tea industry's needs by creating educational programs and classes especially for the tea professional through many organizations and company training programs. Donna served as the director of World Tea Academy from its inception in 2013 to 2019.

