Directory of Tea Superconnectors

NAME

Freya Ingva

EMAIL

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PROFILE PHOTO

- FI-pic.png

HERE IS WHAT MOST INTERESTS ME IN TEA...

What draws me most to tea, and to tea leaf reading, is the way it naturally creates space for pause, presence, and connection. For me, tea has never been just a drink. It’s a moment to slow down, reflect, share, and reconnect, with ourselves or with others. There’s something incredibly grounding in that.

I think tea fits modern life beautifully. It supports wellbeing, lifts the mood, and offers a daily ritual that’s both calming and a little indulgent. Whether you’re taking a quiet moment alone or sitting down with friends, tea has a way of resetting the pace. It brings calm to the chaos.

Through my work, I try to help people see tea as more than a habit but as a meaningful choice. A small act of care, a reason to gather, a tool for reflection. Tea leaf reading adds another layer to that, offering people helpful pointers, insight, and clarity when they need it most.
I see it as bringing back the wisdom in the teacup: the tradition, the taste, and the quiet magic that’s always been there.

MY MAIN INTERESTS

- Educating consumers about tea's cultural significance, health benefits, traditions, history.

MY TRAINING AND EDUCATION (LINKEDIN PROFILE OR WEBSITE URL)

https://www.linkedin.com/in/freyaingva

CONTACT EMAIL

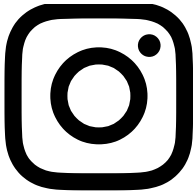
freya.ingva@gmail.com

OPTIONAL: UPLOAD AN EXAMPLE OF COLLABORATIONS THAT DEMONSTRATE YOUR ROLE AS FACILITATOR.

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