



Welcome to the [International Tea Academy](https://www.teamaster.s) & [Tea.master.s](https://www.teamaster.s) Tea Sommelier Course!

A creative step in your Tea Career!

The Tea Sommelier Diploma Course, Professional Level I, is an unforgettable experience, productive in terms of collected tea knowledge, a pathway in your tea career and a chance to create a lasting and interesting network within the international tea business.

The training is suitable for everyone working professionally in tea or planning to do so in the future. We also welcome all tea aficionados with a strong learning interest. Minimum 5 participants, maximum 10.

The course starts with an online introduction session in early Autumn 2025 (in 2025 we will start end of September/beginning October). One course is given per year. The whole course can be done remotely and is entirely in English. The material you receive in the course is yours to keep. After successful completion of the course each student will receive a Tea Sommelier Level I Diploma (see below). Tuition for the whole course VAT will be added for companies (VAT is included for private persons) is 1200:- Euro. The tuition will be invoiced (an invoice will be e-mailed to you before the course starts).



To sign up please send me an email to catrin@brandable.se and tell me your name, email, phone number and invoice address / email. To secure your spot you will pay 150 Euro end of August 2025 (the amount will be invoiced, or if you live in Sweden you can send it via swish). The amount is to cover the cost of sending out the tea samples in advance to you (19



samples in total). The sum will be deducted from the final tuition (so first you pay 150 euro and then 1050 Euro). If you for any reason cancel your participation when the tea samples have been sent you will lose the 150 Euros, but you are welcome to keep the teas!

I, Catrin Abrahamsson-Beynon, am a certified tea Sommelier and instructor by [International Tea Academy, Kunming China](#). I have worked in tea professionally since 2005 and been an instructor since 2013. I have had the privilege to educate tea lovers from the USA, Scandinavia, Belgium, Kenya and Spain. Before I became a certified teacher for ITA I was educated by and also a Teacher for [ITMA](#) (International Tea Masters Association in the US). Here you can read more about me at the [ITA official website](#). Here you find recommendations for the Tea Sommelier Diploma Course on [my linkedin profile](#). And below are a few more recommendations from earlier students, now Certified Tea Sommeliers!

Details about the Tea Sommelier Diploma Course

Please find further info below including a detailed description of the course. All teas that we taste and evaluate in class and that you yourself taste and evaluate at home with the support and guidance from me, (in total 19 teas, 7 teas in class and 12 by yourself at home), are premium, organic teas, often specialty teas from small producers from different regions. Some of the teas are harvested from old tea trees that have grown wild in a biodiverse environment! Those are the teas from my teacher Shana Zhang, read more about her teas and philosophy [here](#).

Looking forward to welcome you to the next course 2025-2026

Yours sincerely
Catrin

Warm welcome to enroll in the [ITA](#) & Tea.masters Tea Sommelier Diploma Course, Level I, 2025-2026, that will start end September / beginning October 2025. Each course duration is ca 6 – 7 months.

Outline and practical info below. We will go through the info in detail when we meet online in Autumn 2025.

- **Introduction online live:** We decide exact date together. You will receive an invitation from my google email: catrin.rudling@gmail.com to a google meeting.

We will go through practicalities of the course, you will meet and greet your fellow participants, we will taste and evaluate one tea together (it will be the first tea in the list of the seven teas we taste together). You will receive all details to the teas when your teas are sent to you end August 2025), all kinds of questions are always welcome. We will decide which day of the week / time is good for our online sessions (will be 8-10 online sessions after the initial one).

- **The Live sessions will be discussions/interacting,** Q & A, evaluating one tea together, in total we will taste 7 teas in class. All teas will be sent to you by post and you will receive a detailed list describing all the teas we taste and evaluate in class as well as the



12 teas you will taste and evaluate by yourself at home. The lessons will be recorded so you can watch them again.

For the tea tastings and evaluations at home you will need: a small tea pot, cup and a pitcher, a tea spoon, a tea tray and tea pet if you have. A white small plate to examine the tea before steeping and a flat dish that can hold some water, to wet examine the tea after steeping. A scale (or you can weigh the tea before we start as well as measure your pot how much water it holds ca 180- 200 ml is ideal).

You will also receive prerecorded lessons / presentations in total 8-10 which will cover the following topics:

Lesson 1. The tea plant and its origin, varietals & cultivars, tea types overview, tea leaf chemistry, production steps and expressions. Each prerecorded lesson will be sent to you in a steady pace with 2-3 weeks in between. The two history lessons you will receive together, quite early on in the course. They are intended as home study material. Below is a recommended list of books and websites and additional information that I have found very useful over the years I have been involved in tea.

Lesson 2. How to evaluate and taste tea. The International tea tasting procedure. Professional tea tasters. Utensils for your home tea evaluations. Tea evaluation form.

Lesson 3. Our sense of taste and smell and our other senses. A taiwanese taste procedure. A balanced tea, what is it?

Lesson 4. The six tea types, their fundamental processing steps, their element belonging, typical features, aroma and flavor characteristics. The largest tea exporting countries in the World.

Lesson 5. Famous tea regions / distinct terroirs and their teas. Many factors influence the finished tea.

Lesson 6. Gong Fu and Tea. Utensils and step by step guide. The take aways from the tea masters. Recommendation of a course to take on insighttimer on this topic.

Lesson 7. Tea blending, flavoring / scenting. Natural vs artificial flavors. Tea blending from the perspective of a grower and from the perspective of a tea house / tea brand.

Lesson 8. Eastern and Western perspective on health. Introduction to the five elements theory. What tea is made of and how its content benefits us.

Lesson 9. History of Tea with focus on China, Japan, Korea.

Lesson 10. History of tea India, Spreading through the ancient trade routes, Europe/USA.

At home you will as mentioned taste and evaluate 12 teas (of which one is a mystery tea that you will taste and evaluate as your final tea). You will taste each tea and fill out an evaluation form, (that you receive from me when the tea samples are sent out end of August) for each tea and e-mail the evaluation form to me, catrin@brandable.se. I will comment your tastings and provide additional info. You will also receive tips throughout the course where to find additional information.

After you have done your evaluations of the 12 teas you will write a short **dissertation** in English on a tea related topic (4-5 A:4 pages maximum). Choose a topic that interests **you** and is beneficial in **your** future tea career. Let me know what topic you choose before you start to write. When the dissertation is done and approved you will do the **final online test**. 20 yes/no questions online. You will need 95% correct answers to pass this test. In order to be able to do the test you will need your unique **Tea Sommelier identification number**. You will receive this number from me as soon as your course fee is paid in full.



When you have successfully complete the above steps you will receive your Tea Sommelier Diploma (with your unique id number on it) as a pdf. Congratulations!

Further reading / course recommendations you will find below.

You will have life long access to the material you receive from me in this course.

Further readings and online sources

The below is just a selection of some very valuable sources I have come across so far:

- All books by Mary Lou Heiss and Robert J Heiss, www.teatrekker.com
- www.camellia-sinensis.com
- Tony Gebely, <https://teaepicture.com/about/>
- Tea book – From Sencha to Lapsang by Petter Bjerke & Vernon Maurice (only in Swedish)
- Wild Tea Hunter, JT Hunter (Author), Shana Zhang (Illustrator), www.wildteaqi.com
- The online tea courses by Shana Shang on the ITA website:
<https://internationalteaacademy.com/pages/ita-certified-online-tea-courses>
- Leaf Tea, Infusions, Cold Brews, Sodas, Frappes and more, by Timothy d'Offay, [Postcardteas](#)
- The latest edition of Tea History, terroirs, varieties, by Kevin Gascoyne, Francois Marchand, Jasmin Desharnais
- Tea Aromas & Flavors around the world by Lydia Gautier
- World of Tea by Jane Pettigrew
- Tea Sommelier by Francois-Xavier Delmas and Mathias Minet
- The Global Tea Hut <https://globalteahut.org>
- Tea Drunk (Chinese focus only), <https://www.teadrunk.com/?srsltid=AfmBOoobhmjjqCrE-W5fGVPCDoYRes3qgsfJ9FkU7man57JsK9VhBTGP>
- Katrina Wild, [Masters Talk articles](#)
[WanderlustTEA articles](#)
[Japanese Tea Cultivars: A Short Guide](#) for Kyoto Obubu Tea Farms
Katrina's @dragonsleaf <https://www.instagram.com/dragonsleaf/>
- Insight Timer 8 Day Course by Solala Towler (a Daoist teacher from the US, has written 14 books):
Tea Mind Tea Heart <https://insighttimer.com/meditation-courses/tea-mind-tea-heart>

Recommendations of the Tea Sommelier Course, [more you'll find on my Linkedin page](#)



I highly recommend the courses by Teamasters!

Catrin Abrahamsson-Beynon at Tea Masters is generously sharing her deep knowledge and understanding of tea. The course is full of interesting lectures, practical tea tastings and evaluations. Catrin's teaching method is both informative and entertaining. She truly knows how to explore tea and has a deep understanding of what it brings us. It has taken me from being a tea novice to having a lot of new knowledge and skills in my professional tea life. Ultimately, I feel the course has welcomed me into a wonderful community of tea aficionados.



Sanna Fyring Liedgren

[Marmeladeriet Stockholm, instagram](#)

The ITA Tea Sommelier Course by Teamasters has been very rewarding regardless of the level you want to take your tea knowledge to!

You will experience a whole new world of tea. Through physical meetings where you go through different tea ceremonies, taste and smell tea and go through all the theoretical material, you will never look at tea in the same way as you might have before you started the training. Your teacher will be there to help and support you from the first to the last lesson, regardless of whether it is physically or via computer. I highly recommend this course to deepen your knowledge of tea.

Tobias Thorell

[Opera Singer and ITA Certified Tea Sommelier](#)