



THE ZEN OF WINE TASTING

THE 5 ZEN STEPS

*“THIS IS THE REAL SECRET OF LIFE –
TO BE **COMPLETELY ENGAGED** WITH
WHAT YOU ARE DOING IN THE HERE
AND NOW.” – ALAN WATTS*

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"LIFE IS TOO SHORT TO DRINK BAD WINE." --- ANONYMOUS



LEARNING TO TASTE WINE IS A SKILL THAT ONE
MUST PRACTICE –
A LOT.

THE BEST BOTTLE OF WINE IS ALWAYS THE EMPTY
BOTTLE - NOT WHAT THE JUDGE OR CRITIC SAID.

***"DRINK WHAT YOU LIKE, EAT WHAT YOU LIKE AND
LIVE A LIFE YOU LIKE, THAT IS ALL"***

THE 5 ZEN STEPS OF WINE TASTING

TODAY WE WILL PRACTICE MINDFUL
WINE TASTING AND LEARN THE
ZEN OF WINE TASTING
BY BEING IN THE MOMENT AND
PRESENT.

THROUGH THIS PROCESS YOU WILL
BEGIN TO UNDERSTAND WHO YOU
ARE, WHAT YOU LIKE AND HOW TO
EXPLAIN YOUR PREFERENCES
WHEN SELECTING WINE.

THERE ARE 5 SIMPLE STEPS:

**SEE, SWIRL, SMELL,
SIP, SAVOR**

SEE

- FOCUS ON THE WINE –
 - YOU NEED GOOD LIGHT
 - TIP YOUR GLASS OVER A WHITE SURFACE AND LOOK STRAIGHT DOWN
- IS IT CLEAR AND BRIGHT, OR DULL, CLOUDY OR HAZY?
- IS IT LIGHT OR IS IT DARK?
- IS IT CLEAR OR OPAQUE?
- DOES IT LOOK THICK OR THIN?
- WHAT COLOR IS IT? HOW OLD IS IT?



THE COLOR OF WINE

The infographic is divided into two rows: red wine (top) and white wine (bottom). Each row contains five wine glasses showing a progression from light to dark. Labels include rim width (wide, medium, compact), body (light, medium, full), and aging (young, old). Red wine colors range from transparent to opaque, while white wine colors range from pale yellow-green to full color more faded yellow to brown. A small 'WINE FOLLY' logo is in the bottom left corner of the infographic.

SWIRL

TIP: FIRST SNIFF THE WINE BEFORE YOU SWIRL TO UNDERSTAND THE LIGHTEST ESTERS AND MOST DELICATE AROMAS.

- SWIRLING INCORPORATES OXYGEN AND RELEASES HEAVY AROMAS AND ESTERS.
- SWIRLING “OPENS” AND RELAXES THE WINE. NOW IT’S IN A RELAXED ZEN PLACE



TIP: PLACE THE BASE ON A SMOOTH SURFACE , HOLD THE STEM BETWEEN YOUR FINGERS AND SWIRL TO GET THE HANG OF IT – AND NOT SPLASH OTHERS



- ADMIRE THE “LEGS” AND “TEARS” JUST DON’T READ TOO MUCH INTO WHAT YOU SEE – THEY DON’T IMPLY QUALITY
- DOES IT STAIN THE GLASS?
- DOES IT LOOK THICK OR THIN?

SMELL

CLOSE YOUR EYES AND FOCUS
BE IN THE MOMENT AND EXPERIENCE IT'S ZEN

- WHAT DO YOU SMELL?
 - IS IT ATTRACTIVE OR REPULSIVE?
 - IS IT STRONG OR SUBTLE?
 - DOES IT STRIKE A MEMORY?
- DO YOU SMELL
 - FRUIT, HERBS, VEGETABLES, MINERAL, OR FUNK?
 - DOES IT SMELL FRESH, FRUITY, DUSTY OR OFF?

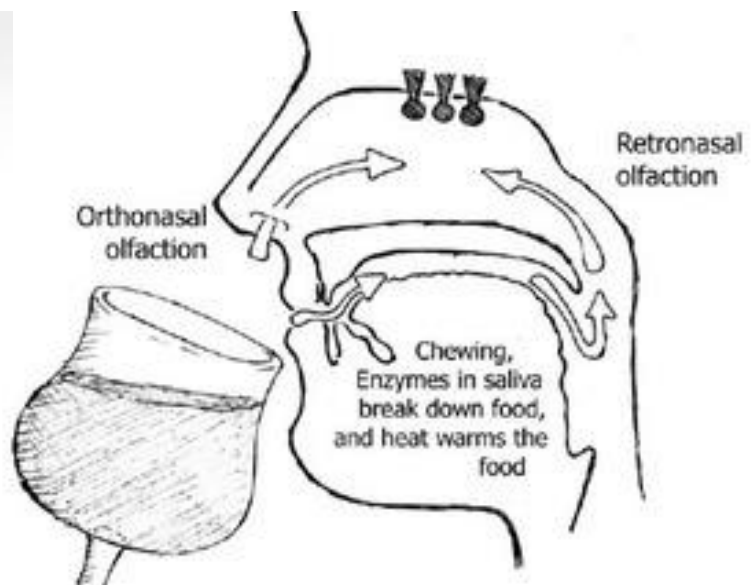


- WHAT YOU SHOULD **NOT** SMELL:
 - ANYTHING OFFENSIVE, REPULSIVE OR “OFF” SUCH AS BARNYARD, MOLD, ROT, WET MOUSE, NAIL POLISH REMOVER, SULFUR, ROTTEN EGGS, PETROL
 - **IF YOU DO**, THE WINE MIGHT BE FAULTED

SIP

BECOME ONE WITH THE WINE

- TAKE AT LEAST ½ TABLESPOON SIP ON FIRST SIP – EXPERIENCE THE ZEN NATURE OF IT.
- LET IT LINGER ON THE PALATE – BE PRESENT WITH IT
- SWISH THE WINE ALL AROUND THE MOUTH – FEEL IT
- INHALE THROUGH PURSED LIPS – SENSE IT
- STOP AND EVALUATE – REMEMBER IT
- AFTER ABOUT 3-5 SECONDS, SWALLOW.
- TRY IT AGAIN – AND CONCENTRATE



SAVOR

REFLECT UPON THIS EXPERIENCE

- HOW WAS THE FINISH?
 - WAS IT LONG, SHORT, INTENSE, FLAT OR INTRIGUING?
- HOW DOES IT MAKE YOU **FEEL**?
- ARE YOU CURIOUS AND WANT TO REVISIT OR ARE YOU DONE AND WANT TO MOVE ON?
- WHAT FLAVORS AND AROMAS ARE HANGING AROUND?



“Let us rise up and be thankful, for if we didn’t learn a lot today, at least we learned a little, and if we didn’t learn a little, at least we didn’t get sick, and if we got sick, at least we didn’t die; so, let us all be thankful.”

- Buddha