



The Elora Mill Cultivation Series

January 3rd – January 31st

Engage in our memory making cultivation series that ensures your time with us is as fulfilling as it can be. We invite you to engage and share in a behind the scenes with our talented team, creative partners and community.

Embrace exploration, enhance your well-being, sip refined flavours, experience the finest local cuisine, challenge your palate or channel your creative energy.

**Join one of our weekday workshops – offered Mondays -Thursdays from 2pm-3:30pm **

No Experience Necessary – Our Workshops are Designed for All Skill Levels!

Monday's

Mind & Body Connection- Kundalini Yoga with Host Melissa Reid

Practice your Awareness through Kundalini Yoga. A system that takes care of and benefits the whole person, of any age and stage of fitness abilities. Live right now, with all that you carry.

Kundalini Yoga balances the glandular system, strengthens the nervous system, and enables us to harness the energy of the mind and the emotions, so we can be in control of ourselves. This is yoga for everyday life, and every person. Kundalini Yoga works for you if you can breathe and move your body. The Kundalini yoga experience is said to go right to your heart, your core.

Wear comfortable clothes - yoga attire not necessary! This is a great introductory session to yoga or a new yoga practice.



Tuesday's

Wine Workshop with Host Brie Dema

Indulge in our Winter Wine Tasting Workshop with one of our Expert Wine Guides. Learn about local wines, tasting notes, pairings, history and benefits of a carefully chosen wine.

After the indulgence of the holiday season comes 'Dry January'... just kidding! While we do support the reasoning of taking care and making healthy decisions, we choose to think of it more as 'Mindful January'. For us, this means enjoying things we love but carefully chosen and in moderation. In wine, this translates to a 'drink less but better' mentality, choosing ethical, low-intervention wines, and understanding the health benefits (and drawbacks) of having a glass. Come chat and sip mindfully with us!



Wednesday's

Art Exploration with Host Rachel Albano

Sip a glass of wine or a cup of tea while you try your hand at the creative side. Spend some time with an Elora Mill Artist, who will walk you through her processes of artistry and end with memorable take-me-home!

Enjoy an afternoon with Rachel Albano in a behind the scenes tour of the Elora Mill grounds while she takes you through the journey of her artwork that is tastefully displayed throughout the walls of the property. You will then join a session with her creating your own piece of art that you will be able to take home with you.

Explore your creative side – there is no experience necessary!



Thursday's

"Kings Cake" Demo Hosted by the Elora Mill Chef Team

You will be spending the afternoon with our pastry team in our kitchen learning how to make your own Kings Cake and bring home a new tradition!

The Galette des Rois is a traditional French cake derived from the day the Three King's visited the baby Jesus. Learn about a 'special prize' that makes this dessert so unique so you can wow your guests in your own kitchen with this famous recipe.





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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 Mind & Body Connection - Kundalini Yoga with Host Melissa Reid - 2:00PM – 3:30PM - Granary	4 Wine Workshop with Host Brie Dema - 2:00PM – 3:30PM - Penstock	5 Art Exploration with Host Rachel Albano - 2:00PM – 3:30PM - Granary	6 “Kings Cake” Demo Hosted by the Elora Mill Chef Team - 2:00PM – 3:30PM - Mill Kitchen	7	8
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30	31					