



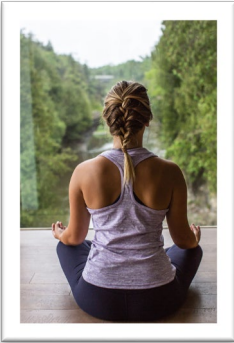
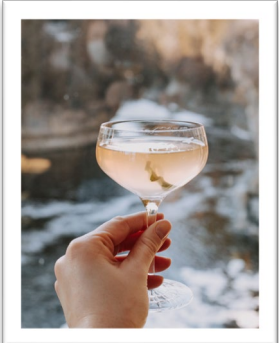

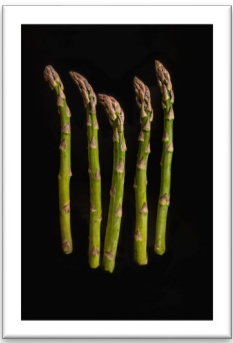
## The Elora Mill Cultivation Series

May 2<sup>nd</sup> – May 31<sup>st</sup>

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-3:30/4:00pm\*\***

<p><b><u>MONDAY'S</u></b></p> <p><b>Mind, Body &amp; Spirit Connection</b> Soulful Flow and Meditation with Host Tara Good</p>	<p><b><u>TUESDAY'S</u></b></p> <p><b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth</p>	<p><b><u>WEDNESDAY'S</u></b></p> <p><b>Creation &amp; Discovery</b> with Artist Yangyang Pan</p>	<p><b><u>THURSDAY'S</u></b></p> <p><b>Food is More than Just Eating</b> with our Kitchen Team</p>
 <p>Join host Tara Good in this class designed for self-care. Start your week with ease in this gentle, flow-style yoga class infused with guided meditation. Relax the body, open the mind, and rejuvenate the spirit.</p> <p>This offering is accessible to all levels - no experience is required.</p> <p><b>Please wear clothing comfortable for movement.</b></p>	 <p>The month of May is a time to celebrate mothers and those who hold a maternal role in our lives.</p> <p>With a nod to female influence in the vineyards and wineries, we will share with you a variety of delicious wines that are sure to please those important women in your life.</p> <p>From sparkling to rosé and even something for Moms-to-be, sip through and cheers to all the special women who deserve a glass, or two!</p>	 <p>Join our special guest Yangyang Pan in creating this vibrant floral still life painting.</p> <p>Whether you are looking to unleash your inner artist, or just craving some fun social time, this will be the perfect opportunity to explore that creativeness that lives inside all of us!</p> <p>Make it your very own and take home a joyful piece that will bring life to any room it will decorate.</p> <p>All levels of experience welcome.</p>	 <p>Spring highlights Asparagus harvest season in our region.</p> <p>Our Kitchen Team invites you to join them in creating a staple brunch dish – Lobster Omelette with Grilled Asparagus and Hollandaise Sauce.</p> <p>Learn how to make this elegant dish and impress your friends and family when hosting your next brunch celebration!</p>



## The Elora Mill Cultivation Series

May 2<sup>nd</sup> – May 31<sup>st</sup>

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-3:30/4:00pm \*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>Mind &amp; Body Connection</b> Soulful Flow and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	<b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	<b>Creation &amp; Discovery</b> with Artist Yangyang Pan  <b>2:00PM – 4:00PM</b> Granary	<b>Food is More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	6	7
8	<b>Mind &amp; Body Connection</b> Soulful Flow and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	<b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	<b>Creation &amp; Discovery</b> with Artist Yangyang Pan  <b>2:00PM – 4:00PM</b> Granary	<b>Food is More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	13	14
15	<b>Mind &amp; Body Connection</b> Soulful Flow and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	<b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	<b>Creation &amp; Discovery</b> with Artist Yangyang Pan  <b>2:00PM – 4:00PM</b> Granary	<b>Food is More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	20	21
22	<b>Mind &amp; Body Connection</b> Soulful Flow and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	<b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	<b>Creation &amp; Discovery</b> with Artist Yangyang Pan  <b>2:00PM – 4:00PM</b> Granary	<b>Food is More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	27	28
29	<b>Mind &amp; Body Connection</b> Soulful Flow and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	<b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge				