



## The Elora Mill Cultivation Series

July 4<sup>th</sup> – July 28<sup>th</sup>

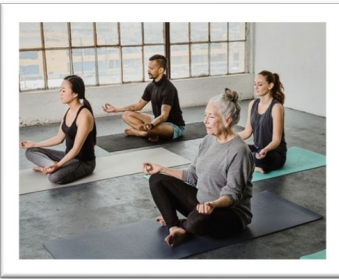
Engage in our memory making cultivation series that ensures your time with us is as fulfilling as it can be. We invite you to engage and share in a behind the scenes with our talented team, creative partners and community.

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\*\***

### MONDAY'S

**Mind, Body & Spirit Connection**  
Kundalini Yoga with Host Melissa Reid



Ready to take a little trip to your inner world? Uplift and enliven your energy with kundalini yoga taught by Melissa Reid.

The practice of Kundalini Yoga balances the glandular system, strengthens the nervous system, and enables us to harness the energy of the mind and the emotions, This is yoga for everyday life, and every person! Kundalini Yoga works for you if you can breathe and move your body.

All you need to participate in this class is comfortable clothes and an open mind.

### TUESDAY'S

**Exploring the World of Wine & Beverage**  
with Elora Mill Sommelier Kendra Ellsworth



July is the time to celebrate our home and native land, Canada!

Join us for a wine tasting where we will highlight just how far we have come in our wine journey. Learn about different wine regions, the ones closest to home and the people behind the labels.

Though we are still young when it comes to winemaking, stories of influences from around the world, challenging harvests and unwavering passion shapes a wine culture to be proud of.

Celebrate our nation and raise a glass to Canadian wine!

### WEDNESDAY'S

**Creation & Discovery**  
Walking Tour with Historian Al Koop



Walk through historic Elora, past scenic views of the Grand River, limestone buildings on Mill Street and end at its spectacular five-story limestone mill near the Elora Falls.

In the 1870's, Elora was second only to Niagara Falls as a tourist destination. Learn about when railroads connected the village to Toronto and other cities in Ontario.

Join historian Al Koop as he relates stories of our village, its buildings and the people who inhabited them.

### THURSDAY'S

**Food as More than Just Eating**  
with our Kitchen Team



Strawberry Celebration

Our Kitchen Team invites you to join them in creating a delicious summer desert.

Assemble a Vanilla and Strawberry Opera Cake and prepare a Green Strawberry Sorbet to pair along.

Impress your family and friends with a desert as fresh as the season. Have your cake and eat it too!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 <b>Mind, Body &amp; Spirit Connection</b> Kundalini Yoga with Host Melissa Reid  2:00PM – 3:30PM Spa Fitness Centre	5 <b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  2:00PM – 3:30PM Penstock Lounge	6 <b>Creation &amp; Discovery</b> Walking Tour with Historian Al Koop  2:00PM – 4:00PM Starting Point - Foundry	7 <b>Food as More than Just Eating</b> with our Kitchen Team  2:00PM – 3:30PM Elora Mill Kitchen	8	9
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