







## The Elora Mill Cultivation Series

September 1<sup>st</sup> – September 29<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\*\***

<p><b><u>MONDAY'S</u></b></p> <p><b>Mind, Body &amp; Spirit Connection</b> Kundalini Yoga with Host Melissa Reid</p>	<p><b><u>TUESDAY'S</u></b></p> <p><b>Exploring the World of Wine &amp; Beverage</b> with Elora Mill Sommelier Kendra Ellsworth</p>	<p><b><u>WEDNESDAY'S</u></b></p> <p><b>Creation &amp; Discovery</b> Pyrography Class with Host Heather Martin</p>	<p><b><u>THURSDAY'S</u></b></p> <p><b>Food as More than Just Eating</b> with our Kitchen Team</p>
 <p><b>Bring on the Zen</b></p> <p>Ready to take a little trip to your inner world? Uplift and enliven your energy with kundalini yoga taught by Melissa Reid.</p> <p>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.</p> <p><b>*This offering is accessible to all levels - no experience is required. Please wear clothing comfortable for movement.</b></p>	 <p><b>Off the Beaten Path</b></p> <p>Did you know that there are over 10,000 grape varieties in the world?</p> <p>Despite this, most people veer in the direction of the tried-and-true popular ones like Chardonnay, Pinot Noir and Cabernet Sauvignon for the best experience.</p> <p>During this cultivation session, we set aside the known, and drink through four grape varietals that are unusual, obscure, and overshadowed.</p> <p>Challenge your palette and experience the history behind each of these, and who knows – you may even find your new favourite grape.</p>	 <p><b>Woodburning Artis-Tree</b></p> <p>Handcraft your very own charcuterie board to take home.</p> <p>Join artist host Heather Martin, who will teach every step on how to re-create your own version of this dancing tree to create your unique serving piece.</p> <p>You will learn various different techniques of Pyrography - creating textures, lines and tonal values. This design inspired in the balance of nature, change of season and how each branch on a tree dances in the wind ever so gracefully.</p> <p><b>*No experience required, this class caters to beginners and all levels of experience.</b></p>	 <p><b>The Dish with a Twist</b></p> <p>Experience Ontario vegetables turned into Kimchi.</p> <p>A traditional Korean side dish of salted and fermented vegetables, full of umami, always spicy and sometimes sour.</p> <p>With the skillset of our multicultural team, we are inspired to share different traditional techniques across our kitchen.</p> <p>Learn how to make Kimchi at home and take your palate around the world with us.</p>



## The Elora Mill Cultivation Series

September 1<sup>st</sup> – September 29<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\*\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	1 <b>Food as More than Just Eating</b> with our Kitchen Team  2:00PM – 3:30PM Elora Mill Kitchen	2	3
4	5 <b>Mind, Body &amp; Spirit Connection</b> Kundalini Yoga with Host Melissa Reid  2:00PM – 3:30PM Spa Fitness Centre	6 <b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  2:00PM – 3:30PM Penstock Lounge	7 <b>Creation &amp; Discovery</b> Art Class with Host Heather Martin  2:00PM – 4:00PM Granary	8 <b>Food as More than Just Eating</b> with our Kitchen Team  2:00PM – 3:30PM Elora Mill Kitchen	9	10
11	12 <b>Mind, Body &amp; Spirit Connection</b> Kundalini Yoga with Host Melissa Reid  2:00PM – 3:30PM Spa Fitness Centre	13 <b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  2:00PM – 3:30PM Penstock Lounge	14 <b>Creation &amp; Discovery</b> Art Class with Host Heather Martin  2:00PM – 4:00PM Granary	15 <b>Food as More than Just Eating</b> with our Kitchen Team  2:00PM – 3:30PM Elora Mill Kitchen	16	17
18	19 <b>Mind, Body &amp; Spirit Connection</b> Kundalini Yoga with Host Melissa Reid  2:00PM – 3:30PM Spa Fitness Centre	20 <b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  2:00PM – 3:30PM Penstock Lounge	21 <b>Creation &amp; Discovery</b> Art Class with Host Heather Martin  2:00PM – 4:00PM Granary	22 <b>Food as More than Just Eating</b> with our Kitchen Team  2:00PM – 3:30PM Elora Mill Kitchen	23	24
25	26 <b>Mind, Body &amp; Spirit Connection</b> Kundalini Yoga with Host Melissa Reid  2:00PM – 3:30PM Spa Fitness Centre	27 <b>Exploring the World of Wine &amp; Beverage</b> with Host Kendra Ellsworth  2:00PM – 3:30PM Penstock Lounge	28 <b>Creation &amp; Discovery</b> Art Class with Host Heather Martin  2:00PM – 4:00PM Granary	29 <b>Food as More than Just Eating</b> with our Kitchen Team  2:00PM – 3:30PM Elora Mill Kitchen	30	