



## The Elora Mill Cultivation Series



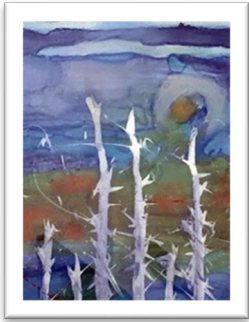
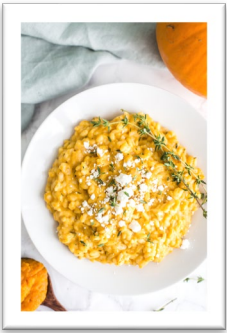
October 3<sup>rd</sup> – October 31<sup>st</sup>

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\*\***

These sessions are complimentary for guests of the Hotel.  
**No Experience Necessary – Our Workshops are Designed for All Skill Levels!**

<p><b><u>MONDAY'S</u></b></p> <p><b>Mind, Body &amp; Spirit Connection</b>            Hatha Yoga with            Host Jacqueline Gilbey</p>	<p><b><u>TUESDAY'S</u></b></p> <p><b>Exploring the World of Wine &amp; Beverage</b>            with Host Rick Baroncelli</p>	<p><b><u>WEDNESDAY'S</u></b></p> <p><b>Creation &amp; Discovery</b>            Painting Class with Host            Janet Horne Cozens</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>Restore Your Balance</b></p> <p>This Hatha Yoga class is designed to bring rejuvenation and balance to your body and mind. By using the ground to stabilize our structure, the breath to nourish our energy, and the spine to create freedom of movement, we will practice ways to come back to our natural state of being.</p> <p>This is a gentle class includes breathing practice, simple stretches and poses, and mindful meditation.</p> <p>Modifications will be offered for those practising with limitations or injuries.</p> <p>Everyone is welcome!</p> <p><b>*This offering is accessible to all levels - no experience is required. Please wear clothing comfortable for movement.</b></p>	 <p><b>California Dreamin'</b></p> <p>As temperatures start to cool let's delve into some of the interesting conditions that make California one of the top wine growing areas in the world.</p> <p>California is not only the largest producer of wine in America, it also boasts the largest number of wineries, roughly 4,500, while comparatively, Oregon only has about 800.</p> <p>Whether it's a crisp fresh Sauvignon Blanc, a buttery Chardonnay, or a rich warming Cabernet Sauvignon, California has it all.</p> <p>Join us as we will explore some of the conditions, weather geography, climate and grape type that make California one of the best!</p>	 <p><b>The Birch Trees</b></p> <p>Channel your inner creativity and take part in this class where you will paint a landscape picture of birches with a colourful, abstract background using acrylic paints and inks.</p> <p>The Birch Tree is seen as a symbol of rebirth, new beginnings and growth. It's a sacred tree within the mythology of the Celts and is thought to have very protective influences.</p> <p>A fun and easy way to go home with one or more finished and frameable works.</p> <p><b>*No experience required, this class caters to beginners and all levels of experience.</b></p>	 <p><b>Fall for Risotto</b></p> <p>Fall is here, and cravings for warm comfort food came along with it.</p> <p>Join our Kitchen Team in creating a delicious Pumpkin Risotto with Toasted Pumpkin Seeds and Fresh Goat Cheese.</p> <p>The type of rice used for Risotto grows in Mediterranean climate with high humidity and is conducive to growing short- and medium-grained. Although the rice grain is important, the secret is truly in the sauce and how it is cooked to creamy perfection.</p> <p>Discover the secret to making the perfect bowl of Risotto!</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <b>Mind, Body &amp; Spirit Connection</b> Hatha Yoga with Host Jacqueline Gilbey  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	4 <b>Exploring the World of Wine &amp; Beverage</b> with Host Rick Baroncelli  <b>2:00PM – 3:30PM</b> Penstock Lounge	5 <b>Creation &amp; Discovery</b> Painting Class with Host Janet Horne Cozens  <b>2:00PM – 4:00PM</b> Foundry	6 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	7	8
9	10 <b>Mind, Body &amp; Spirit Connection</b> Hatha Yoga with Host Jacqueline Gilbey  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	11 <b>Exploring the World of Wine &amp; Beverage</b> with Host Rick Baroncelli  <b>2:00PM – 3:30PM</b> Penstock Lounge	12 <b>Creation &amp; Discovery</b> Painting Class with Host Janet Horne Cozens  <b>2:00PM – 4:00PM</b> Foundry	13 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	14	15
16	17 <b>Mind, Body &amp; Spirit Connection</b> Hatha Yoga with Host Jacqueline Gilbey  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	18 <b>Exploring the World of Wine &amp; Beverage</b> with Host Rick Baroncelli  <b>2:00PM – 3:30PM</b> Penstock Lounge	19 <b>Creation &amp; Discovery</b> Painting Class with Host Janet Horne Cozens  <b>2:00PM – 4:00PM</b> Foundry	20 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	21	22
23	24 <b>Mind, Body &amp; Spirit Connection</b> Hatha Yoga with Host Jacqueline Gilbey  <b>2:00PM – 3:30PM</b> Spa Fitness Centre	25 <b>Exploring the World of Wine &amp; Beverage</b> with Host Rick Baroncelli  <b>2:00PM – 3:30PM</b> Penstock Lounge	26 <b>Creation &amp; Discovery</b> Painting Class with Host Janet Horne Cozens  <b>2:00PM – 4:00PM</b> Foundry	27 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	28	29
30	31 <b>Mind, Body &amp; Spirit Connection</b> Hatha Yoga with Host Jacqueline Gilbey  <b>2:00PM – 3:30PM</b> Spa Fitness Centre					