



The Elora Mill Cultivation Series

November 1st – November 30th

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.

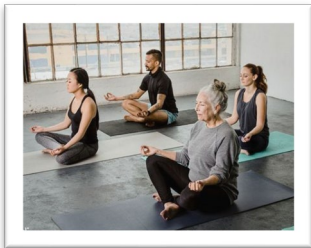
A limited number of these sessions are available for day guests (see pricing below).

****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!

MONDAY'S

Mind, Body & Spirit Connection
 Kundalini Yoga with
 Host Melissa Reid
\$20 + HST p/person



Bring on the Zen

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

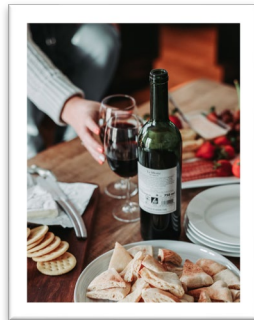
The practice of Kundalini Yoga balances the glandular system, strengthens the nervous system, and enables us to harness the energy of the mind and the emotions,

This is yoga for everyday life, and every person! Kundalini Yoga works for you if you can breathe and move your body.

***This offering is accessible to all levels - no experience is required. Please wear clothing comfortable for movement.**

TUESDAY'S

Exploring the World of Wine & Beverage
 with Elora Mill Sommelier
 Kendra Ellsworth
\$20 + HST p/person



The Art of Pairing

Wine pairing may seem intimidating at first, with so many wine making regions, countless grape varieties and thousands of producers, choosing wine for a meal can be daunting.

Then add in all the food options to go along with it. Multiple textures and flavours, spices, acids and layers of sweetness and one is left dizzied by the possible combinations.

This session will give you a fresh new perspective on how fun pairing wine with food can be.

You will be blown away by how much better your favourite meals will taste!

WEDNESDAY'S

Creation & Discovery
 Needle Felting Class with
 Host Megan Cleland
\$40 + HST p/person



Painting with Wool

Learn how to felt a picture of a maple leaf with its varying colours in wool. Every leaf is different with stunning reds, yellows and oranges.

Take home a finished piece of art you can hang with pride.

Whether you never pick up another needle or decide to dive into the rabbit hole that is needle felting, you will be amazed at the versatility of what wool can do.

***No experience required, this class caters to beginners and all levels of experience.**

THURSDAY'S

Food as More than Just Eating
 with our Kitchen Team
\$20 + HST p/person



Apple Scone Delight

Now that the cool season has settled, we are all ready to immerse ourselves in the cozy indoors.

This is the perfect time to pick up on some new baking skills!

Join our Kitchen Team in creating an Elora Mill favourite - Apple Scones. These delicious treats will be served with some Hot Apple Cider.

The perfect afternoon treat to bring you all the warmth you need on any cold winter day.

And you know what they say...
 An apple a day keeps the doctor away.



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge \$20 + HST p/person	2 Creation & Discovery Needle Felting Class with Host Megan Cleland 2:00PM – 4:00PM Foundry \$40 + HST p/person	3 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen \$20 + HST p/person	4	5
6	7 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Fitness Centre \$20 + HST p/person	8 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge \$20 + HST p/person	9 Creation & Discovery Needle Felting Class with Host Megan Cleland 2:00PM – 4:00PM Foundry \$40 + HST p/person	10 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen \$20 + HST p/person	11	12
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20	21 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Fitness Centre \$20 + HST p/person	22 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge \$20 + HST p/person	23 Creation & Discovery Needle Felting Class with Host Megan Cleland 2:00PM – 4:00PM Foundry \$40 + HST p/person	24 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen \$20 + HST p/person	25	26
27	28 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Fitness Centre \$20 + HST p/person	29 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge \$20 + HST p/person	30 Creation & Discovery Needle Felting Class with Host Megan Cleland 2:00PM – 4:00PM Foundry \$40 + HST p/person			