



The Elora Mill Weekday Cultivation Series

February 1st – February 28th

(Mondays – Thursdays 2:00-3:30pm)

We invite you to engage in our memory making cultivation series that ensures your time with us is as fulfilling as it can be.

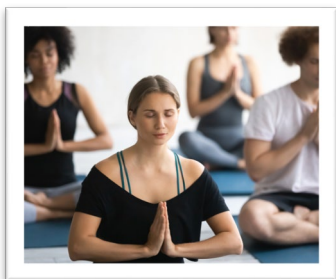
Share in a behind-the-scenes experience with our team and partners while you:
Embrace exploration, enhance your well-being, challenge your palate, sip refined flavours
and channel your creative energy.

No Experience Necessary – Our Workshops are Designed for All Skill Levels!

****All Sessions are complimentary for guests of the hotel****

MONDAY'S

Mind, Body & Spirit Connection
Kundalini Yoga Experience
with Host Kelly Mayville



Open Your Heart

Indulge in self-love through the power of Kundalini yoga, a physical practice and spiritual discipline that cultivates deeper self-awareness and healing.

This class incorporates mindfulness, movement, mantra and guided visualization, designed to open the heart. Learn to connect your breath with your movement.

Leave the class feeling light, peaceful, and more willing to receive the beauty that life has to offer

***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



For the Love of Wine

There are love stories of all sorts of people and places, this one specifically is about winemakers and their fiery passion for all things wine.

In the winemaking world, there are those who are born into a family legacy of winemaking and follow in the footsteps of their parents and grandparents. And then there are those who simply fell in love with the process of making wine and have worked hard to create their own traditions and now sit right next to the experts.

Join us for a tasting to experience the wines made by both wine lovers' hands.

WEDNESDAY'S

Creation & Discovery
Snowshoe and Campfire Experience
at the Fieldstone Barn



Snowshoe and Campfire Experience

Enjoy an afternoon of outdoor activity at a farm setting in Elora.

You will be taken by our private shuttle to the Fieldstone Barn where you will snowshoe the trails and fields, followed by a relaxing time around the campfire, where you can roast marshmallows and enjoy a cup of hot chocolate.

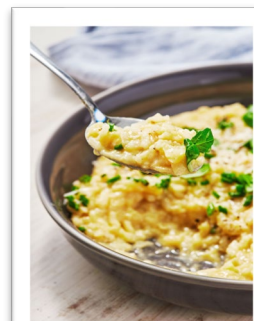
You will be outfitted with snowshoes and poles, and there isn't enough snow, you can go for a nice winter hike and enjoy the relaxing experience fireside.

Make sure to keep an eye out for the local wildlife on your trek. You may spot various species of birds, deer, red fox and if you're lucky, the snowy owl.

***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



Fall for Risotto

In the thick of winter, cravings for warm comfort food can be quite strong.

Join our Kitchen Team in creating a delicious Cauliflower risotto and heritage grains.

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.

Discover the secret to making the perfect bowl of Risotto!



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Creation & Discovery Snowshoe and Campfire Experience 2:00PM – 4:00PM Fieldstone Barn	2 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	3	4
5	6 Mind, Body & Spirit Connection Kundalini Yoga Experience with Host Kelly Mayville 2:00PM – 3:30PM Spa Wellness Room	7 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	8 Creation & Discovery Snowshoe and Campfire Experience 2:00PM – 4:00PM Fieldstone Barn	9 Food as More than Just Eating with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	10	11
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