



## The Elora Mill Weekday Cultivation Series

March 1<sup>st</sup> – March 30<sup>th</sup>  
(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**  
Mindful Movement and Meditation  
with Host Tara Good



#### **Bring on the Zen**

Mindful movement allows us to check in with our bodies and get moving in a way that can help us lower stress, release stagnant energy, and strengthen our mind-body connection.

Join teacher Tara Good in this class designed to reset and restore you.

This gentle yoga class, set to music, is infused with guided meditation and will relax the body, open the mind and rejuvenate the spirit.

**\*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



#### **In The Winery**

The dream of every winemaker is a perfect growing season, resulting in powerfully flavourful grapes.

The goal of every winemaker is to translate the success in the vineyard to a delicious final product in the winery.

Join us for a tasting of four different styles of wine while we demystify the techniques used in the winery to give your favourite wines their aromas, flavours and textures.

Is it wine o'clock yet?

### WEDNESDAY'S

**Creation & Discovery**  
Pyrography Class with Host  
Heather Martin



#### **Woodburning in Bloom**

Woodburning has endless possibilities when it comes to creating images, similar to drawing with pencil on paper.

Join Pyrography Artist Heather Martin of FireWork Designs to begin or expand your knowledge of woodburning while you create a your own usable, giftable charcuterie board with this spring inspired floral design.

Heather will guide you through various woodburning techniques and how to incorporate texture and interest to your piece. You will be fully immersed in the art of woodburning!

**\*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



#### **GNUDI-licious!**

Master the technique of making your own Goat Cheese Gnudi in Brodo (broth)

Our kitchen team will guide you through the creation of this delightful style of pasta from Tuscany.

Learn how to create this elusive & delicate pillowy textured style of pasta along with a delicious brodo to impress your next dinner guests!

The perfect dish for last weeks of winter.

**\*No experience required.**



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <b>Creation &amp; Discovery</b> Pyrography Class with Host Heather Martin  <b>2:00PM – 4:00PM</b> Grand Room	2 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	3	4
5	6 <b>Mind, Body &amp; Spirit Connection</b> Mindful Movement and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Wellness Room	7 <b>Exploring the World of Wine &amp; Beverage</b> with Elora Mill Sommelier Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	8 <b>Creation &amp; Discovery</b> Pyrography Class with Host Heather Martin  <b>2:00PM – 4:00PM</b> Grand Room	9 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	10	11
12	13 <b>Mind, Body &amp; Spirit Connection</b> Mindful Movement and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Wellness Room	14 <b>Exploring the World of Wine &amp; Beverage</b> with Elora Mill Sommelier Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	15 <b>Creation &amp; Discovery</b> Pyrography Class with Host Heather Martin  <b>2:00PM – 4:00PM</b> Grand Room	16 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	17	18
19	20 <b>Mind, Body &amp; Spirit Connection</b> Mindful Movement and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Wellness Room	21 <b>Exploring the World of Wine &amp; Beverage</b> with Elora Mill Sommelier Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	22 <b>Creation &amp; Discovery</b> Pyrography Class with Host Heather Martin  <b>2:00PM – 4:00PM</b> Grand Room	23 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	24	25
26	27 <b>Mind, Body &amp; Spirit Connection</b> Mindful Movement and Meditation with Host Tara Good  <b>2:00PM – 3:30PM</b> Spa Wellness Room	28 <b>Exploring the World of Wine &amp; Beverage</b> with Elora Mill Sommelier Kendra Ellsworth  <b>2:00PM – 3:30PM</b> Penstock Lounge	29 <b>Creation &amp; Discovery</b> Pyrography Class with Host Heather Martin  <b>2:00PM – 4:00PM</b> Grand Room	30 <b>Food as More than Just Eating</b> with our Kitchen Team  <b>2:00PM – 3:30PM</b> Elora Mill Kitchen	31	