



The Elora Mill Weekday Cultivation Series

May 1st – May 31st
 (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****

**** Day Guest charges are below, limited spacing is available****

MONDAY'S

Mind, Body & Spirit Connection
 Kundalini Yoga with Host
 Melissa Reid



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



Blind Tasting: Spring Wines

May is a month to shake off the long winter and embrace a change in weather as well as the style of wine you find yourself choosing to enjoy. Crisp, refreshing and vibrant styles begin to make their way back into your repertoire and we are ready to celebrate them! Join us to sip through four delicious spring focused wines, with a twist – they will all be poured blind! Experience the wine as only liquid in the glass without any preconceived bias based on grape or region. Look beyond the label and you may even find a new spring favourite!

WEDNESDAY'S

Creation & Discovery
 Art Class with Host Sharon Betton



April Showers Brought May Flowers

Spring is in full bloom and what better way to honor this season than to decorate your home with this floral painting?

Join our artist host Sharon Betton, who will guide you in creating your very own version of this beautifully textured palette knife painting.

Whether you are looking to unleash your inner artist, or just craving some fun social time, this will be the perfect opportunity to explore that creativeness that lives inside all of us!

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

THURSDAY'S

Chocolate Bonbon Demo
 with our Kitchen Team



Sweet Treats

If you have a weakness for all things chocolate – this workshop is for you.

With the best chocolate recipes and techniques brought back from Paris, our chefs will be teaching you how to make our iconic Elora Mill Bonbons.

These sweet and silky delights will be fun to make, but even more satisfying to enjoy!

***No experience required.**



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Wellness Room	2 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	3 Creation & Discovery Art Class with Host Sharon Betton 2:00PM – 4:00PM Foundry Chapel	4 Sweet Treats with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	5	6
7	8 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Wellness Room	9 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	10 Creation & Discovery Art Class with Host Sharon Betton 2:00PM – 4:00PM Foundry Chapel	11 Sweet Treats with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	12	13
14	15 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Wellness Room	16 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	17 Creation & Discovery Art Class with Host Sharon Betton 2:00PM – 4:00PM Foundry Chapel	18 Sweet Treats with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	19	20
21	22 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Wellness Room	23 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	24 Creation & Discovery Art Class with Host Sharon Betton 2:00PM – 4:00PM Foundry Chapel	25 Sweet Treats with our Kitchen Team 2:00PM – 3:30PM Elora Mill Kitchen	26	27
28	29 Mind, Body & Spirit Connection Kundalini Yoga with Host Melissa Reid 2:00PM – 3:30PM Spa Wellness Room	30 Exploring the World of Wine & Beverage with Elora Mill Sommelier Kendra Ellsworth 2:00PM – 3:30PM Penstock Lounge	31 Creation & Discovery Art Class with Host Sharon Betton 2:00PM – 4:00PM Foundry Chapel			