



# ELORA MILL

## Elora Mill Weekday Cultivation Series

June 1<sup>st</sup> – June 29<sup>th</sup>

(Mondays – Thursdays 2:00-3:30pm)

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, ENHANCE, ENRICH & EXPERIENCE

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

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



#### MONDAY

##### Release your Stress

This playful yoga class was created with all levels in mind. We will move our bodies, in turn creating more freedom, more ease, but most importantly, more joy.

Through Metta meditation, we will embark on a journey of learning to direct loving kindness at ourselves, as well as others.

No experience required; *everyone* is welcome.

Join Chantalle Asselin to stretch and strengthen your body while letting your stresses melt away.

\*Please wear clothing comfortable for movement.



#### TUESDAY

##### Success in Sicily

Sicily (or locally known - Sicilia) has flown under the radar as a popular Italian wine producing region. But this beautiful island has been crafting wines for thousands of years.

It is the largest island in the Mediterranean – A historical crossroad for cuisine, culture and landscape. In Sicily, there truly is something for everyone.

Join our expert sommeliers to indulge in the rich culture of this sought out destination. We will relish in the history – the food, the grapes, the people – While we enjoy a flight of four fabulous Sicilian wines.



#### WEDNESDAY

##### Enchanting Elora

Elora – One of Ontario's best kept secrets. This remarkable town is known for its vast history, 19<sup>th</sup> century architecture and small-town charm.

You will be in awe as you walk through historic Elora. Let the natural surroundings take you away as you pass by the Grand River, limestone buildings in the notorious downtown, and finish at its spectacular five-story mill near the Elora Falls.

We invite you join historian Al Koop as he relates stories of our village, its buildings and the people who inhabited them.



#### THURSDAY

##### Heavenly Hollandaise

Hollandaise – a culinary delight most often known for drizzling over the perfect eggs benedict. Yet, we believe this delicate and flavorful sauce deserves to be showcased in a different light.

Join our kitchen team as we create the perfect marriage of two culinary staples:

Hollandaise and Asparagus

Our team will help you transform the humble asparagus into a mouthwatering dish with the help of this famous yolc/butter emulsion.



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JUNE	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					 <p>1 2:00 – 3:30pm Elora Mill Kitchen</p>	2	3
	4	 <p>5 2:00 – 3:30pm Spa Wellness Room</p>	 <p>6 2:00 – 3:30pm Penstock Lounge</p>	 <p>7 2:00 – 3:30pm Foundry Chapel</p>	 <p>8 2:00 – 3:30pm Elora Mill Kitchen</p>	9	10
	11	 <p>12 2:00 – 3:30pm Spa Wellness Room</p>	 <p>13 2:00 – 3:30pm Penstock Lounge</p>	 <p>14 2:00 – 3:30pm Foundry Chapel</p>	 <p>15 2:00 – 3:30pm Elora Mill Kitchen</p>	16	17
	18	 <p>19 2:00 – 3:30pm Spa Wellness Room</p>	 <p>20 2:00 – 3:30pm Penstock Lounge</p>	 <p>21 2:00 – 3:30pm Foundry Chapel</p>	 <p>22 2:00 – 3:30pm Elora Mill Kitchen</p>	23	24
	25	 <p>26 2:00 – 3:30pm Spa Wellness Room</p>	 <p>27 2:00 – 3:30pm Penstock Lounge</p>	 <p>28 2:00 – 3:30pm Foundry Chapel</p>	 <p>29 2:00 – 3:30pm Elora Mill Kitchen</p>	30	