



ELORA MILL

Elora Mill Weekday Cultivation Series

September 4th - September 28th
(Mondays – Thursdays 2:00-3:30pm)

Allow us to guide you on a journey of inspiration, self-care and relaxation - leaving you refreshed, renewed, and ready to embrace summer to the fullest.

Share in a behind-the-scenes experience with our talented team, creative partners, and community when you book one of our Cultivation Sessions.

Here, you'll channel exploration, enhance your well-being, experience the finest local cuisines, and sip on refined wines from around the world.

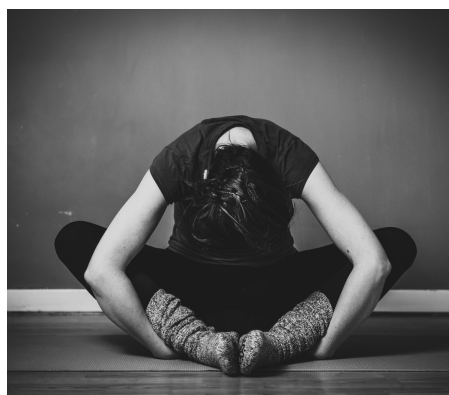
Limited space available, please email info@eloramill.ca to ensure your spot.

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



ELORA MILL

MONDAY



MINDFUL MOVEMENT

Unearth a unique yoga experience that blends the restorative essence of Yin with the invigorating flow of Yang.

Led by yoga instructor, Christine Eberle, this class harmoniously balances the gentle with the energetic, providing you with a holistic experience that nourishes both body and soul.

Everyone is welcome!

TUESDAY



JOURNEY TO BORDEAUX

Indulge your senses in a captivating journey that transcends time and generations.

Alongside Elora Mill sommelier, Kendra Ellsworth, you'll explore iconic Bordeaux wines, unraveling the tales they hold from the past, the allure they exude in the present, and the exciting possibilities they promise for the future.

WEDNESDAY



INSPIRED BY NATURE

Step into a world of nature-inspired creativity, where foraged fibres become works of art.

With the help of Elora local, Megan Cleland, you'll explore the beauty of natural materials and ignite your creativity as you hand craft a coaster that carries the essence of our region.

Bring the greatness of the outdoors into your home.

THURSDAY



HARVEST DELIGHTS

Sweet Corn & Wild Mushroom Risotto

















Unveil the magic of locality as you embark on a culinary adventure that celebrates the bounties of our region's harvest.

Allow our kitchen team to guide you in the art of risotto making to take humble ingredients and transform them into a symphony of flavours.



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SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	 4 2:00 – 3:30pm Spa Wellness Room	 5 2:00 – 3:30pm Penstock Lounge	 6 2:00 – 3:30pm Foundry Chapel	 7 2:00 – 3:30pm Elora Mill Kitchen	8	9
10	 11 2:00 – 3:30pm Spa Wellness Room	 12 2:00 – 3:30pm Penstock Lounge	 13 2:00 – 3:30pm Foundry Chapel	 14 2:00 – 3:30pm Elora Mill Kitchen	15	16
17	 18 2:00 – 3:30pm Spa Wellness Room	 19 2:00 – 3:30pm Penstock Lounge	 20 2:00 – 3:30pm Foundry Chapel	 21 2:00 – 3:30pm Elora Mill Kitchen	22	23
24	 25 2:00 – 3:30pm Spa Wellness Room	 26 2:00 – 3:30pm Penstock Lounge	 27 2:00 – 3:30pm Foundry Chapel	 28 2:00 – 3:30pm Elora Mill Kitchen	29	30