



# ELORA MILL

## Elora Mill Weekday Cultivation Series

October 2nd - October 31st

(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](mailto:info@eloramill.ca) to ensure your spot.

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

**\*\* Day Guest charges are below, limited spacing is available, taxes extra\*\***



# ELORA MILL

## MONDAY



### MINDFUL MOVEMENT

This gentle yoga practice with a focus on mobility will explore the range of motion of our joints. Laura Paaren will guide you to move with control, awareness and ease through a refreshing balance of active and passive movements to help build stability while releasing tension in the hips, low back, neck and shoulders.

Everyone is welcome!

**\$20 | person**

## TUESDAY



### THE ART OF BLENDING

Blending is a technique used often in winemaking, for many different reasons, resulting in flavourful and textured styles that many wine drinkers have come to know and love.

Join us to sip four famous blends while discussing the craft of blending, diving into the attributes achieved through different grapes, and the goals of the winemaker when looking for the perfect 'recipe'.

**\$30 | person**

## WEDNESDAY



### INSPIRED BY NATURE

Immerse yourself in this figurative painting class where you will be able to challenge your inner creativity and feel inspired to make your own acrylic painting on canvas.

You will be guided every step along the way by your host artist Sherry Czekus, who shares a passion for observation of urban crowd culture, expressing it through painting. For all levels of experience.

**\$40 | person**

## THURSDAY



### HARVEST DELIGHTS

#### **Goat Cheese Gnudi**

Join our culinary team in the Elora Mill kitchen to learn the art of making an iconic Italian dish, gnudi.

Complimenting this dish with the best of the season's harvest, our chefs will walk you through the creation of this 'pillowy' ricotta dumpling and take you on a journey of flavours while bringing you the comforts of home.

**\$30 | person**



# ELORA MILL

## OCTOBER 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1	 <div>2 2:00 – 3:30pm \$20   person Spa Wellness Room</div>	 <div>3 2:00 – 3:30pm \$30   person Penstock Lounge</div>	 <div>4 2:00 – 4:00pm \$40   person Foundry Chapel</div>	 <div>5 2:00 – 3:30pm \$30   person Elora Mill Kitchen</div>	6	7
8	 <div>9 2:00 – 3:30pm \$20   person Spa Wellness Room</div>	 <div>10 2:00 – 3:30pm \$30   person Penstock Lounge</div>	 <div>11 2:00 – 4:00pm \$40   person Foundry Chapel</div>	 <div>12 2:00 – 3:30pm \$30   person Elora Mill Kitchen</div>	13	14
15	 <div>16 2:00 – 3:30pm \$20   person Spa Wellness Room</div>	 <div>17 2:00 – 3:30pm \$30   person Penstock Lounge</div>	 <div>18 2:00 – 4:00pm \$40   person Foundry Chapel</div>	 <div>19 2:00 – 3:30pm \$30   person Elora Mill Kitchen</div>	20	21
22	 <div>23 2:00 – 3:30pm \$20   person Spa Wellness Room</div>	 <div>24 2:00 – 3:30pm \$30   person Penstock Lounge</div>	 <div>25 2:00 – 3:30pm \$40   person Foundry Chapel</div>	 <div>26 2:00 – 3:30pm \$30   person Elora Mill Kitchen</div>	27	28
29	 <div>30 2:00 – 3:30pm \$20   person Spa Wellness Room</div>	 <div>31 2:00 – 3:30pm \$30   person Penstock Lounge</div>				