



# 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\*\***



# ELORA MILL

## MONDAY



### MAGICAL MOBILITY FLOW

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!

## 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'.

## WEDNESDAY



### FIGURATIVE ART

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.

## 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.



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## OCTOBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	 2 2:00 – 3:30pm Spa Wellness Room	 3 2:00 – 3:30pm Penstock Lounge	 4 2:00 – 4:00pm Foundry Chapel	 5 2:00 – 3:30pm Elora Mill Kitchen	6	7
8	 9 2:00 – 3:30pm Spa Wellness Room	 10 2:00 – 3:30pm Penstock Lounge	 11 2:00 – 4:00pm Foundry Chapel	 12 2:00 – 3:30pm Elora Mill Kitchen	13	14
15	 16 2:00 – 3:30pm Spa Wellness Room	 17 2:00 – 3:30pm Penstock Lounge	 18 2:00 – 4:00pm Foundry Chapel	 19 2:00 – 3:30pm Elora Mill Kitchen	20	21
22	 23 2:00 – 3:30pm Spa Wellness Room	 24 2:00 – 3:30pm Penstock Lounge	 25 2:00 – 4:00pm Foundry Chapel	 26 2:00 – 3:30pm Elora Mill Kitchen	27	28
29	 30 2:00 – 3:30pm Spa Wellness Room	 31 2:00 – 3:30pm Penstock Lounge				