



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****

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



ELORA MILL

MONDAY



MINDFUL MOVEMENT

Engage in a transformative 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!

\$20 | person

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.

\$30 | person

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.

\$40 | person

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.

\$30 | person



ELORA MILL

SEPTEMBER 2023

SUNDAY

MONDAY

















TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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