



# ELORA MILL

## Elora Mill Weekday Cultivation Series

November 1st - November 30th

(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



### REGLORIF-YIN BODY & MIND

Yin yoga is all about creating balance in the body, the mind, and emotions. This practice has been rooted in ancient Eastern philosophies and practiced for thousands of years.

Kelly Mayville will guide you through these slow stretches, working deeply into your connective tissues and joints while encouraging you to find comfort and peace within,

Everyone is welcome!

**\$20 | person**

## TUESDAY



### COUNTRY HIGHLIGHT: SPAIN

Spanish wines are often not given the attention they deserve and although overlooked at times, Spain is the 3rd largest wine producing country in the world. From the vibrant wines of northern 'Green Spain' to the famous tempranillos of Rioja and the powerhouse reds of Priorat, Spain has so much to offer.

Join us to sip through a range of Spanish wines and delve into your potential new favourite wine-making country! ¡SALUD!

**\$30 | person**

## WEDNESDAY



### 'TIS THE FESTIVE SEASON

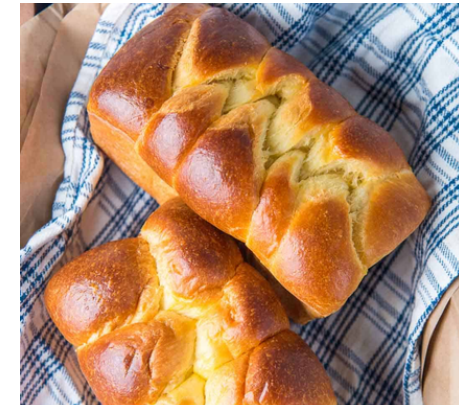
Handcraft your own seasonally inspired charcuterie board and take it home for the holidays.

Join artist host Heather Martin who will teach you various techniques of pyrography, including creating textures, lines and tonal values.

You will be guided every step of the way on how to create your own version of these wood burned holiday ornaments.

\*No experience required.  
**\$40 | person**

## THURSDAY



### PAIN BRIOCHÉ

Join our culinary team in the Elora Mill kitchen to learn the art of making this traditional French bread!

Rich and buttery, yet amazingly light and elegant, Brioche is one of the crowning glories of traditional French baking.

Learn how to make delicious, boulangerie-quality brioche.

It may actually be easier than you think!

Bon appétit!  
**\$30 | person**

Schedule Adjustment: November 28th - Pain Brioché | November 30th - Country Highlight: Spain



# ELORA MILL

## NOVEMBER 2023

SUNDAY

MONDAY



















TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

			 1 2:00 – 4:00pm \$40   person Grand Room	 2 2:00 – 3:30pm \$30   person	3	4
5	 6 2:00 – 3:30pm \$20   person Spa Wellness Room	 7 2:00 – 3:30pm \$30   person Penstock Lounge	 8 2:00 – 4:00pm \$40   person Grand Room	 9 2:00 – 3:30pm \$30   person	10	11
12	 13 2:00 – 3:30pm \$20   person Spa Wellness Room	 14 2:00 – 3:30pm \$30   person Penstock Lounge	 15 2:00 – 4:00pm \$40   person Grand Room	 16 2:00 – 3:30pm \$30   person	17	18
19	 20 2:00 – 3:30pm \$20   person Spa Wellness Room	 21 2:00 – 3:30pm \$30   person Penstock Lounge	 22 2:00 – 3:30pm \$40   person Grand Room	 23 2:00 – 3:30pm \$30   person	24	25
26	 27 2:00 – 3:30pm \$20   person Spa Wellness Room	 28 2:00 – 3:30pm \$30   person	 29 2:00 – 4:00pm \$40   person Grand Room	 30 2:00 – 3:30pm \$30   person Penstock Lounge		