



# ELORA MILL

## Elora Mill Weekday Cultivation Series

December 4th - December 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](mailto:info@eloramill.ca) to ensure your spot.

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



# ELORA MILL

## MONDAY



### MIND, BODY, & SPIRIT CONNECTION

Amidst this busy season, find solace in Kundalini yoga.

This powerful practice that is suitable for all bodies, not only helps you stay physically fit, but also cultivates mindfulness and reduces stress.

Embrace the present moment, breathe deeply, and let the positive energy flow. Stay centered this holiday season with Kundalini yoga! Everyone is welcome!

**\$20 | person**

## TUESDAY



### HOLIDAY FOOD & WINE PAIRING

The holidays are the best time for celebration, and what better way to celebrate than with wine? With all of the different festive foods, it may seem hard to know which wines to pair them with. Allow us to help you navigate wines this season!

Sip through some incredible food friendly wines while discussing ideal pairings for all your favourite holiday meals! The next time you host a festive party, share all the tips and tricks!

**\$30 | person**

## WEDNESDAY



### GIVE THE GIFT OF ART

What better gift to give than a piece of original art!?

Sip on your favourite hot drink and enjoy holiday music as you learn how to apply paint with a palette knife to create a floral inspired abstract painting. Keep it for yourself or wrap it up for the art lover in your life!

\*No experience required.

**\$40 | person**

## THURSDAY



### ELORA MILL CHRISTMAS COOKIES

Be part of the traditions at the Elora Mill as our pastry team crafts one of the highlights of the holiday season: Christmas cookies!

We encourage you to bring your own holiday tradition cookie recipes to share in our recipe exchange!





Whether you are showcasing your own recipe or learning one of ours, these cookies are guaranteed to sweeten your holiday season!

**\$30 | person**



# ELORA MILL

## DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	 2:00 – 3:30pm \$20   person Spa Wellness Room	 2:00 – 3:30pm \$30   person Penstock Lounge	 2:00 – 4:00pm \$40   person Granary	 2:00 – 3:30pm \$30   person Elora Mill Kitchen	8	9
10	 2:00 – 3:30pm \$20   person Spa Wellness Room	 2:00 – 3:30pm \$30   person Penstock Lounge	 2:00 – 4:00pm \$40   person Granary	 2:00 – 3:30pm \$30   person Elora Mill Kitchen	15	16
17	 2:00 – 3:30pm \$20   person Spa Wellness Room	 2:00 – 3:30pm \$30   person Penstock Lounge	 2:00 – 3:30pm \$40   person Granary	 2:00 – 3:30pm \$30   person Elora Mill Kitchen	22	23
24	25 Christmas Day	 2:00 – 3:30pm \$30   person Penstock Lounge	 2:00 – 4:00pm \$40   person Granary	 2:00 – 3:30pm \$30   person Elora Mill Kitchen	29	30
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