



# 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!

## 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!

## 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.

## 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!



# ELORA MILL

## DECEMBER 2023

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