

Tourism Whistler Media Release

For Immediate Release – September 3, 2015

Nourishment in Whistler – retreat or à la Carte, the choice is yours

Suggested Tweet: Nourish at Cornucopia, the choice is yours: à la Carte or full retreat? #OnlyInWhistler @CornucopiaWine <http://bit.ly/1KpB0fl>



Whistler, B.C. – [Cornucopia, presented by BlueShore Financial](#), is not only a place to sip, sample and savour gourmet food and drink.

Cornucopia's nourishment installment welcomes guests to restore the body, inspire the mind and celebrate the spirit. mzinck

Day to day life can be fast-paced, demanding and stressful. At Cornucopia's [Nourish Retreat and Nourish: Health + Wellness Series](#) attendees are given the opportunity to harness their mind, feed their soul and return to a neutral pace. Serenity-seekers can choose to completely immerse themselves in a four-day, three-night wellness retreat, or alternatively can opt for à la Carte style of wellness sessions, creating an individual itinerary that best suits their needs.

Nourish Retreat at Cornucopia

Greet each day with meditation and yoga and then fuel the body with healing local foods prepared by inspired chefs and experts at the **Nourish Culinary Stage**. Spend the afternoons connecting with Whistler's awe-inspiring forest, exploring the rich history and traditions of the Squamish and Lil'wat First Nations, and caring deeply for the body, mind and spirit with spa treatments. The Nourish Retreat is the complete toolkit for revival and relaxation. More information on the [Nourish Retreat](#).

Nourish: Health and Wellness Series

From natural fermentation of foods, to raw food and paleo cooking styles -- all workshops throughout the **Nourish Series** are interactive, informative and engaging. Cornucopia opens the forum for nutrition, allowing guests to expand their skill and knowledge with events like: [Aging Gracefully Seminar](#), [Appreciating the Unappreciated Lunch and Workshop](#) and [Brunch with a Buzz](#).

Combining healing foods, primal and holistic cooking techniques with yoga and meditation, Cornucopia empowers health and wellbeing. In the words of Ann Wigmore – holistic health practitioner, whole foods advocate, author, and doctor of Divinity: ***“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.”***

For event and ticket information, visit www.whistlercornucopia.com.

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Cornucopia, presented by BlueShore Financial is an eleven day dazzling display of gourmet food, wines, spirits and beer catering to everyone from amateur enthusiasts to aficionados. Respected industry professionals, judges and presenters headline each event, seminar and tasting, offering the best possible opportunity to garner as much information and insight as possible. Held on the cusp of the opening of each ski season in beautiful Whistler, British Columbia; Cornucopia was designed to showcase and support the local food and drink industry. Now encompassing wineries, breweries, distilleries, chefs and restaurants from Vancouver, greater B.C. and beyond, Cornucopia has become recognized as a preeminent representation of the culinary tourism industry in Canada. With widespread appeal shown through the immense variety of events available, the festival is truly a food and drink festival with a Whistler attitude.

Whistler is Canada's premier year-round leisure and meeting destination located in the Coast Mountains 120 kilometres (75 miles) north of Vancouver, British Columbia, Canada. Consistently rated the top ski resort in North America, Whistler was the Host Mountain Resort of the 2010 Olympic and Paralympic Winter Games. The resort offers an extensive range of accommodations totaling 10,000 bedrooms among 24 hotels as well as townhomes, condos, B&Bs and chalets. Whistler also boasts more than 100 restaurants and bars, 200 retail shops, 25 spas and countless activity options from world-renowned skiing and snowboarding, mountain biking and golf, to hiking, rock climbing, and watersports. The Resort Municipality of Whistler is home to a diverse community of more than 10,000 permanent residents.

Tourism Whistler is the member-based marketing and sales organization representing Whistler, operating the [Whistler Conference Centre](#), [Whistler Golf Club](#), Whistler Visitor Centre, as well as 1.800.944.7853 and whistler.com - Whistler's official source for visitor bookings and information. As the convention and visitors bureau for the Resort Municipality of Whistler, Tourism Whistler represents more than 7,000 members who own, manage and operate properties or businesses on resort lands including hotels, restaurants, activity operators and retail shops.

Media can visit whistler.com/media for Whistler facts, media releases, story starters, local personality profiles and access to images and B-roll.

Broadcasters: Whistler now has the capability to take you live with our enhanced fibre network. The significantly expanded network of more than 200 kilometres of fibre optic cabling throughout the resort allows

instant transmission of HD signals to any location at any time. Details on how to access, and book the fibre are available on our [media site](#).

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