



Tourism Whistler media release  
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## **Sip, Savour and Nourish Yourself in Body Mind and Spirit at Whistler Cornucopia**

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Whistler, B.C. – [Cornucopia, presented by BlueShore Financial](#) not only gives you a chance to sip and savour but also offers an opportunity to restore yourself in body, mind and spirit with [Nourish](#), a health and wellness series.

Set within one of B.C.'s premier food + drink festivals, [Nourish at Whistler Cornucopia](#) brings together those who are curious and committed to greater health. Choose from a full [Nourish Retreat package](#) or 'a la carte' from the [Nourish Wellness Series](#) of workshops, seminars and cooking demonstrations.

[The Nourish Retreat at Cornucopia](#), hosted by Allison Hunter, Nourish producer, and veteran strengths coach, Tracy Hutton, gives you three nights and four days dedicated to restoring your body, inspiring your mind, and celebrating your spirit. Taking place during the second dynamic weekend of Cornucopia, this full package features meditation and yoga each day followed by fueling your body with healing local foods, demonstrations by chefs and experts and connecting with Whistler's natural beauty, through forest forages, spa visits and more. After an energizing day of movement, healing and relaxation, join Cornucopia's world-class food and wine events and celebrate the best of what this region has to offer. The Nourish Retreat is a perfect blend of restoration and inspiration.

Or, choose your workshops a la carte from the entire [Nourish Wellness Series](#) during the 11 days of Cornucopia. Enjoy round-table seminars with passionate experts on topics such as [Food Sustainability](#), and [10 Happiness Habits](#) to interactive cooking demonstrations that showcase everything from [natural fermentation](#) to [raw food cooking](#), and workshops such as [Fuelling for Endurance Trail Runs](#) and [Building a Healthy Family](#). The Nourish Wellness Series lets you share ideas, create community and inspire action and play in the world and in the kitchen. With seminars starting at only \$20, there is something here to nourish everyone.

Visit [www.nourishwhistler.com](http://www.nourishwhistler.com) for more retreat and wellness series information and [www.whistlercornucopia.com](http://www.whistlercornucopia.com) for all event details and ticket information.

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**Cornucopia, presented by BlueShore Financial is Whistler's Celebration of Food + Drink.** The dazzling eleven-day display of gourmet food and drink attracts over 15,000 visitors to the resort and caters 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 local restaurants, restaurateurs and the food and wine industry. With wide-spread appeal 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 for the past 12 years in a row, 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 9,000 permanent residents.

**Media** can go to [www.whistler.com/media](http://www.whistler.com/media) for Whistler facts, media releases, story starters, and access to images and b-roll.

## **Media Contact**

### **Mary Zinck**

Media Program - Cornucopia  
Manager, Travel Media - Tourism Whistler  
Phone: 604-938-2702

[mzinck@tourismwhistler.com](mailto:mzinck@tourismwhistler.com)

[www.whistlercornucopia.com](http://www.whistlercornucopia.com)



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