



## KEY THINGS TO KNOW ABOUT NOURISH WHISTLER WELLNESS SERIES

The Nourish Whistler Wellness Series is a month-long celebration of well-being in Whistler, featuring more than 100 curated events in one of the world's most breathtaking settings. Blending elements of a festival, retreat and mountain escape, the series is rooted in nature and guided by curiosity. It brings together over 40 wellness practitioners offering movement, mindfulness, discovery, culinary and creative experiences. Hosted in distinctive pop-up venues throughout Whistler, the series invites guests to explore what resonates most, from immersive sessions to thought provoking talks.

### EVENT DETAILS

- ◆ Dates: June 4 – June 28, 2026
- ◆ Locations: Various Whistler locations and on-mountain (*refer to Key Venues*)
- ◆ Website: [nourishwhistler.com](https://nourishwhistler.com)
- ◆ Social pages: Facebook: Nourish Whistler Wellness Series Instagram: [@nourishwhistler](https://www.instagram.com/nourishwhistler)
- ◆ Hashtags: [#NourishWhistler](https://twitter.com/NourishWhistler)
- ◆ Events: Schedule found [online](#)

### EVENT CATEGORIES

#### ◆ Creativity

Discover creative joy through hands-on experiences designed to spark curiosity and self-expression. From painting and writing to fermentation workshops and more. These sessions emphasise exploration and process over perfection. [View Events](#)

#### ◆ Culinary

Enjoy nourishing culinary experiences from multi course brunches at the Station House to intimate seasonal dinners with storytelling. These gatherings celebrate shared meals, local flavours and meaningful connection. [View Events](#)

#### ◆ Movement

From high energy workouts and Zumba to yoga and Pilates in the alpine dome, movement at Nourish Whistler meets you where you are. Join a women's mountain biking clinic or a guided nature walk and move with intention at your own pace. [View Events](#)

#### ◆ Discovery

Expert led sessions featuring engaging conversations and fresh perspectives from speakers on topics spanning neuroscience, longevity, self leadership and the microbiome. [View Events](#)

#### ◆ Mindfulness

Cultivate stillness and presence through mindful experiences that encourage reflection and reset. From forest bathing and breathwork to sound baths and cold plunge sessions, these offerings help restore balance and support nervous system regulation. [View Events](#)



## KEY VENUES

Nourish Whistler events take place in a variety of unique and inspiring locations throughout Whistler including; The Lookout on Blackcomb Mountain, The Dome at Roundhouse Lodge Whistler Mountain, Squamish Lil'wat Cultural Centre, Under the Audain Art Museum, The Station House on Alta Lake, and more. Detailed directions and arrival information will be included in your ticket confirmation.

## TALENT HIGHLIGHTS

- ◆ **Seane Corn** – Renowned Yoga Teacher & Activist
- ◆ **Shayla Stonechild** – Indigenous Wellness Advocate, Author, & Yoga Teacher
- ◆ **Dr Deanna Gibson** – Professor at the University of British Columbia Okanagan
- ◆ **Chef Alana Maas** – Chopped Canada Winner, Culinary Instructor and co-owner of Northwest Culinary Academy of Vancouver
- ◆ **Chef Quang Dang** - Executive Chef at D.I.C.E.D., and Owner of QD Catering + Hospitality.

Full talent bios and session details can be found at [Nourish Talent](#).

## TICKETS

- ◆ All ticket sales are final and non-refundable, though tickets may be transferred to another guest if you are unable to attend. 2026 exception: If an event is cancelled by the organiser, guests will receive a full refund minus a 5% processing fee.
- ◆ Most Nourish Whistler events are designed for adults and are 18+ unless otherwise noted.
- ◆ Lift passes are required to access all events on the mountain. Guests can purchase a Summer Experience Pass, which is valid for the entire summer season and priced similarly to a single sightseeing ticket. This can be purchased when booking your event ticket or directly from Whistler Blackcomb Guest Services at the base of the mountain.

## BOOKING OFFER

To drive visitation and encourage length of stay, customers booking 2 nights or 3+ night stays on Whistler.com for arrivals in June 2026 are eligible to receive either a \$50 or \$100 ticket credit redeemable on Nourish event tickets. See details [here](#).

## VOLUNTEER OPPORTUNITIES

By volunteering with the Nourish Whistler Wellness Series, you will help create space for connection, curiosity, and meaningful moments of belonging. Sign up at [Nourish Volunteer](#).

**FOR ADDITIONAL QUESTIONS, PLEASE CONTACT THE NOURISH WHISTLER TEAM OR EMAIL AT [INFO@NOURISHWHISTLER.COM](mailto:info@nourishwhistler.com). FOR TICKETS AND MORE INFORMATION, INCLUDING FAQs, VISIT [NOURISHWHISTLER.COM](https://nourishwhistler.com)**