



# NOURISH WHISTLER WELLNESS SERIES - PROMOTIONAL TOOLKIT

**May 31 – June 29, 2025** | Various Locations in Whistler

**Tickets + Full Schedule:** [whistler.com/nourish](https://whistler.com/nourish)

*Toolkit purpose: Provide copy and assets for members, presenters and partners to promote Nourish.*

## EVENT DESCRIPTION

The **Nourish Whistler Wellness Series** is back – expanded and more inspiring than ever. With **60+ events** over five weekends from **May 31 to June 29**, this is your chance to move, create, reflect and connect in the mountains. Join **20+ acclaimed facilitators** including instructors, doctors, authors, and thought leaders for experiences that nourish the mind, body and spirit. With the full schedule and tickets now live, it's time to curate your dream retreat at [WHISTLER.COM/NOURISH](https://WHISTLER.COM/NOURISH).

## PHOTOS & GRAPHICS

- [Images](#) - Includes Nourish event images plus general Whistler in spring images
- [Dropbox](#) - Email header, event graphics and poster (coming soon)

## EVENT HIGHLIGHTS

- Signature Event: The Art of Wellness at the Audain Art Museum – June 20–21
- Wellness Brunches by top chefs every Sunday
- Grillin' & Chillin' BBQ Series on Saturdays
- Speaker Series & Masterclasses with doctors, thought leaders & authors
- Mountaintop classes, forest immersions, sound healing, and more

## TALENT HIGHLIGHTS

- Seane Corn - Internationally-acclaimed Yoga Teacher, Author & Public Speaker
- Molly Kawahata - International Speaker and former climate advisor to the Obama White House
- Catherine Roscoe Barr - Wellness Coach, Author & Founder of The Life Delicious
- Dr. Laura Aknin, Professor of Social Psychology
- Chef Quang Dang - Celebrated culinary leader and Executive Chef, owner QD Catering + Hospitality
- Chef Maggie Wallace & Chef Steve Fecho - Squamish Lil'wat Cultural Centre, showcasing local ingredients and First Nations cuisine
- Chef Alana Maas, Chopped Canada Winner



## SHARABLE CONTENT / MORE INFO

- Read the Blog: [Nourish Whistler Wellness Series](#)
- Press Release (April 15) – [Tourism Whistler Unveils Expanded Nourish Whistler Wellness Series](#)

## BOOKING OFFER

Book 3+ nights at [Whistler.com/nourish](https://Whistler.com/nourish) and get a \$100 CAD wellness voucher to use on Nourish events, transportation, or other Whistler activities. Use promocode: WELLNESS2025

Attendees of NOURISH events planning to enjoy mountaintop experiences can take advantage of summer sightseeing access included with their 2025/26 Epic Pass or WB Unlimited Pass. If attendees do not have an access pass, there's exclusive pricing for an **Alpine Summer Experience Pass** in partnership with NOURISH events, providing unlimited access to Whistler and Blackcomb Mountains throughout the summer season. Use the pass all summer long to explore and enjoy everything the mountains have to offer! – Exclusive rate: \$105.

## FACILITATORS: SAMPLE COPY

- I'm thrilled to be part of the Nourish Whistler Wellness Series, happening May 31 – June 29 in Whistler, BC. Join me and 20+ amazing facilitators for a month of transformation, movement, connection and nourishment in the mountains.
- Tickets are on sale now at [whistler.com/nourish](https://whistler.com/nourish) – don't miss it!
- Create your own retreat from 60+ events: mountaintop yoga, speaker sessions, lakeside brunches, creative masterclasses, and so much more.
- I'll be leading [INSERT YOUR EVENT HERE] on [DATE] – I'd love to see you there!

## QUESTIONS OR IDEAS?

**Contact:** Bree Eagles | Event Manager, Tourism Whistler | [beagles@tourismwhistler.com](mailto:beagles@tourismwhistler.com)