

## ONLINE

**Mindful Self Compassion** with Carolyn & Danny  
Monday, 3/10-4/28, 6-8:30pm

**Going Deeper with Wisdom & Compassion** with Tim  
Sundays, 3/23-4/27, 4-6pm

**A Day of Self Compassion** with Carolyn  
Saturday, April 12, 9am-4pm

**Practice, Not Perfect: Strategies & Support to Keep You Meditating**  
with Carolyn & Karen  
Tuesdays, 4/22-6/10, 6:30-8pm

**Mindfulness Based Stress Reduction** with Teresa  
Wednesdays, 5/7-6/25, 6:30-9pm

**A Day of Mindfulness** with Carolyn & Karen  
Saturday May 31, 9am-4pm

**A Day of Mindfulness** with Teresa  
Saturday June 14, 9am-4pm

**Mindfulness Based Stress Reduction** with Tim  
Mondays, 9/22-11/10, 4-6:30pm

**Mindfulness Based Stress Reduction** with Karen  
Tuesdays, 9/23-11/18, 6-8:30pm

**Going Deeper with Wisdom & Compassion** with  
Tim Tuesdays, 9/30-11/11, 4-6pm

**Mindfulness for Healthcare Professionals** w/ Beth  
Wednesdays, 10/8-11/5, 6:30-9pm

**A Day of Mindfulness for Healthcare Professionals** w/ Beth  
Sundays, 11/1/25, 9am-4pm

## MULTI-DAY RETREATS

**Winter Weekend Retreat** at Palisades Retreat Center in Federal Way  
with Tim & Karen- Fri, February 14 - Sun, February 16, 2025

**Spring Weekend Retreat** at Samish Island Retreat Center  
with Tim & Carolyn- Fri, March 28 - Sun, March 30, 2025

**Fierce Compassion Women's Retreat** at Whidbey Institute  
with Carolyn & Karen- Fri, May 16 - Sun, May 18, 2025

**Rainforest Retreat in Costa Rica**  
with Tim & Robin- Thu, May 22 - Fri, May 30, 2025

**Summer Weekend Retreat** at Samish Island Retreat Center  
with Tim & RJ- Fri, June 27 - Sun, June 29, 2025

**Roots of Mindfulness** at Samish Island Retreat Center  
with Tim & Carolyn- Fri, August 22 - Wed, August 27, 2025

**Fall Weekend Retreat** at Samish Island Retreat Center  
with Tim- Fri, October 10 - Sun, October 12, 2025

### Could your organization use more mindfulness?

Mindfulness Northwest offers quality mindfulness training to dozens of corporations, medical centers, and non-profits in the Puget Sound area and beyond. We look forward to collaborating with you in bringing mindfulness training to your team. Visit our [For the Workplace](#) page, or email us at [Programs@mindfulnessnorthwest.com](mailto:Programs@mindfulnessnorthwest.com) for more information.

# Upcoming Programs at Mindfulness Northwest

www.mindfulnessnorthwest.com



## In-person: SEATTLE/EASTSIDE area

**Mindful Self- Compassion** with Catherine  
Saturdays, 2/1-3/29, 10am-12:30pm

**A Day of Mindfulness & Self Compassion** with  
Catherine & Karen- Sat, March 8 9am-4pm

**Spring Into Kindness: Body, Heart & Mind** with  
Tim & Raizelah- Saturday, April 5, 9:30am-4:30pm

**Freedom & Clarity: A Retreat Day for Women**  
with Carolyn & Karen- Sat April 19 9am-4pm

**Opening To Wonder: Mindfulness in Nature**  
with Beth- Saturday, June 7, 9am-2pm

**Letting It All In: A Self-Compassion Retreat**  
with Catherine- Sat June 21, 9am-4pm

**A Day of Mindfulness** with Karen  
Saturday, August 16, 9am-4pm

**Opening To Wonder: Mindfulness in Nature**  
with Beth- Saturday, September 6, 9am-2pm

**Fierce Compassion: A Day Retreat for Women**  
with Carolyn & Karen- Sat Sept 13 9am-4pm

**Mindfulness Based Stress Reduction** with Karen  
Wednesdays, 9/24-11/19, 6-8:30 pm

**A Day of Mindfulness** with Karen  
Saturday, November 15, 9am-4pm

## In-person: BELLINGHAM area

**A Day of Mindfulness** with Tim  
Saturday, March 1, 9am-4pm

**Mindful Self Compassion** with Carolyn  
Monday 10/6/25-11/24/25, 6:30-9pm

**Healing The Inner Critic** with Carolyn  
Saturday, October 18, 1-4pm

**A Day of Self Compassion** with Carolyn  
Saturday, November 15, 9am-1pm

## FREE Mindfulness Offerings & Teacher Training Info Sessions

**An Evening of Mindfulness** with Tim  
Wednesday, February 12 6-7pm in Bellingham

**An Afternoon of Mindfulness** with Carolyn  
Sunday, March 16 4-5:30 pm Online

**MBSR Teacher Training Info Session** with Karen  
Tuesday, March 18, 5-6pm Online

**MBSR Teacher Training Info Session** with Tim  
Tuesday, April 15, 7-8pm Online

**An Evening of Mindfulness** with Teresa  
Wednesday, April 30 7-8:30pm Online

**MBSR Teacher Training Info Session** with Karen  
Tuesday, July 15, 5-6 pm Online

**MBSR Teacher Training Info Session** with Tim  
Sunday, August 17, 4-5 pm Online

**An Evening of Mindfulness** with Karen  
Tuesday, December 2, 5-6:30 pm Online