

## BELLINGHAM

**Hour of Mindfulness** at Village Books with Tim Burnett (Free)

Thursday, January 19, 12-1pm

**Mindfulness-Based Stress Reduction** at 3 Oms Yoga with Carolyn McCarthy

Mondays, February 13 - April 3, 6-8:30pm

**Spring Weekend Retreat** at Samish Island Camp & Retreat Center with Tim Burnett

Friday, March 24 - Sunday March 26

**Day of Mindfulness Retreat** at Semiahmoo Park with Carolyn McCarthy

Sunday, March 25, 9am-4pm

## SEATTLE

**Day of Gratitude Retreat** at St. Mary's Peace & Spirituality Center with Teresa & Richard Johnson

Saturday, January 7, 10am-5pm

**Emotional Resilience Workshop** at Nalanda West with Teresa Johnson

Sunday, January 8, 2-5pm

**Mindful Self-Compassion** at Good Shepherd Center with Catherine Duffy

Mondays, January 23 - March 13, 6-8:45pm

**Mindfulness-Based Stress Reduction** at Nalanda West with Karen Schwisow

Wednesdays, January 25 - March 15, 12-2:30pm

**Couples Retreat Day** at St. Mary's Peace & Spirituality Center with Teresa & Richard Johnson

Saturday, February 18, 9am-4pm

**Day of Self-Compassion Retreat** at Good Shepherd Center with Catherine Duffy

Saturday, February 25, 9am-1pm

**Day of Mindfulness Retreat** at Good Shepherd Center with Karen Schwisow

Saturday, March 4, 9am-4pm

## ONLINE

**Intro to Mindfulness** with Karen Schwisow

Thursday, January 12, 6-7:30pm

**Forgiveness Retreat Day** with Tim Burnett

Saturday, January 28, 9am-4pm

**Roots of Compassion (MSC II)** with Tim Burnett

Sundays, January 22 - March 12, 4-6pm

**Mindfulness-Based Stress Reduction** with Beth Glisten

Thursdays, February 16 - April 6, 6-8:30pm

**Mindful Self-Compassion** with Tim Burnett

Tuesdays, January 24 - March 14, 6-8:45pm

**Day of Mindfulness & Self-Compassion** with Tim Burnett

Saturday, March 11, 9am-4pm

## FREE INTRO CLASSES

**(Online) Intro to Self-Compassion** with Richard Johnson

Tuesday, December 6, 6-7:30pm

**(Online) Intro to Self-Compassion** with Catherine Duffy

Tuesday, January 17, 7-8:30pm

**Hour of Mindfulness** at Village Books in Bellingham with Tim Burnett

Thursday, January 19, 12-1pm

**(Online) Intro to Mindfulness** with Karen Schwisow

Thursday, January 12, 6-7:30pm

## MULTI-DAY RETREATS & TRAININGS

**(Online) Heart of Winter Weekend Compassion Retreat** with Tim Burnett & Carolyn McCarthy

Friday, February 10 - Sunday, February 12

**Spring Weekend Retreat** at Samish Island Camp & Retreat Center with Tim Burnett

Friday, March 24 - Sunday, March 26

**Rainforest Retreat** at Selva Verde (Costa Rica) with Tim Burnett, Beth Glosen & Raizelah Bayen

Sunday, May 21 - Sunday, May 28

**Fierce Compassion Women's Retreat** at Harmony Hill with Carolyn McCarthy & Karen Schwisow

Friday, June 2 - Sunday, June 4

**Roots of Compassion** (5-Day Retreat) at Samish Island Camp with Tim Burnett & Catherine Duffy

Friday, August 25 - Wednesday, August 30

**Summer Weekend Retreat** at Samish Island Camp & Retreat Center with Tim Burnett

Friday, September 1 - Sunday, September 3

**Roots of Mindfulness** (7-Day Retreat) at Samish Island Camp & Retreat Center with Tim Burnett

Sunday, October 8 - Sunday, October 15

**Fall Weekend Retreat** at Samish Island Camp & Retreat Center with Tim Burnett

Friday, October 27 - Sunday, October 29

**(Online) Mindfulness-Based Stress Reduction Core Skills Weekend** with Tim Burnett

Friday, December 8 - Sunday, December 10