

BELLINGHAM area

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
Saturday, March 25, 9am-4pm

Meeting Anxiety with Mindfulness at 3 Oms with Tim Burnett
Sunday, April 2, 1-4pm

Mindful Self-Compassion at The Metta Center with Carolyn McCarthy
Wednesdays, May 3 - June 21, 6-8:45pm

SEATTLE area

Mindfulness Based Stress Reduction at Nalanda West with Karen Schwisow
Thursdays, April 6 - May 25, 6pm-8:30pm

Spring Into Kindness at St. Mary's Peace & Spirituality Center with Tim Burnett & Raizelah Bayen
Saturday, April 22, 9am-4pm

Day of Mindfulness Retreat at St. Mary's Peace & Spirituality Center with Karen Schwisow
Saturday, May 13, 9am-4pm

ONLINE

Day of Mindfulness & Self-Compassion with Tim Burnett
Sunday, March 5, 9am-4pm

Intro to Mindful Self-Compassion with Catherine Duffy
Tuesday, March 21, 6pm-7:30pm (free)

Intro to Mindfulness with Teresa Johnson
Wednesday, March 22, 7pm-8:30pm (free)

Mindfulness for Healthcare Professionals with Beth Glosten
Sundays, March 26 - May 7, 6pm-8:30pm

Mindful Self-Compassion with Tim Burnett
Mondays, March 27 - May 15, 4pm-6:45pm

MBSR II: Roots of Mindfulness with Tim Burnett
Wednesdays, March 29 - May 17, 6:30-8:30pm

Mindfulness Based Stress Reduction with Karen Schwisow
Tuesdays, April 4 - May 23, 6pm-8:30pm

Mindful Self-Compassion with Catherine Duffy
Thursdays, April 6 - May 25, 6pm-8:45pm

Mindfulness Based Stress Reduction with Teresa Johnson
Thursdays, April 27 - June 15, 6pm-8:30pm

Day of Mindfulness (Healthcare Professionals) with Beth
Sunday, April 30, 9am-3pm

ONLINE (cont.)

Day of Self-Compassion with Catherine Duffy

Saturday, May 6, 9am-1pm

Day of Mindfulness & Self-Compassion with Tim Burnett

Sunday, May 7, 9am-4pm

Intro to Mindful Self-Compassion with Carolyn McCarthy

Monday, May 22, 7pm-8:30pm (free)

Intro to Mindfulness with Catherine Duffy

Wednesday, May 31, 7pm-8:30pm (free)

MULTI-DAY RETREATS & TRAININGS

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

Friday, March 24 - Sunday, March 26

(Online) Core Skills for a Compassionate Life with Tim Burnett

Friday, April 14 - Sunday, April 16

Rainforest Retreat at Selva Verde (Costa Rica) with Tim Burnett, Beth Glosten & 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 (Almost full!)

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 & Annie Shull

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) Core Skills for a Mindful Life with Tim Burnett

Friday, December 15 - Sunday, December 17
