

BELLINGHAM area

Mindful Self-Compassion at The Metta Center with Carolyn McCarthy

Wednesdays, May 3 - June 21, 6-8:45pm

Day of Mindfulness & Self-Compassion at Semiahmoo with Carolyn McCarthy

Saturday, June 10, 9am-4pm

Hour of Mindfulness at Village Books with Carolyn McCarthy (FREE)

Thursday, June 15, 12pm-1pm

Warming up to Kindness at Semiahmoo with Tim Burnett & Raizelah Bayen

Saturday, July 8, 9am-4pm

The First Free Women: A Retreat into Buddhist Poetry with Tim Burnett

Saturday, August 13, 9am-4pm

SEATTLE area

Day of Mindfulness Retreat at St. Mary's Peace & Spirituality Center with Karen Schwisow

Saturday, May 13, 9am-4pm

Mindful Self-Compassion at Good Shepherd Centre with Catherine Duffy

Mondays, June 19 - August 14, 6-8:30pm

Day of Mindfulness & Self-Compassion at St. Mary's Peace & Spirituality Center with Catherine Duffy

Saturday, July 29, 9am-4pm

ONLINE

Day of Self-Compassion with Catherine

Saturday, May 6, 9am-4pm

Day of Mindfulness & Self-Compassion with Tim

Sunday, May 7, 9am-4pm

Mindfulness-Based Stress Reduction with Holly

Mondays, June 19 - August 7, 6:30-9pm

Mindful Self-Compassion with Catherine

Thursdays, June 22 - August 17, 6-8:30pm

Mindful Self-Compassion with Carolyn

Tuesdays, July 11 - August 29, 6-8:30pm

Day of Mindfulness with Holly

Sunday, July 30, 9am-4pm

Mindfulness-Based Stress Reduction with Tim

Wednesdays, August 9 - September 27

Day of Self-Compassion with Carolyn

Saturday, August 19, 9am-4pm

FREE Online Introductions to Mindfulness

Intro to Mindful Self-Compassion with Carolyn
Monday, May 22, 7-8:30pm

Intro to Mindfulness with Catherine
Wednesday, May 31, 7-8:30pm

Intro to Mindfulness with Tim
Monday, August 21, 7-8:30pm

Intro to Mindful Self-Compassion with Carolyn
Monday, August 28, 7-8:30pm

Could your organization use more mindfulness?

Mindfulness Northwest has offered quality mindfulness training to dozens of corporations, medical centers, and non-profits in the Puget Sound area and beyond, and can tailor our training to your organization's specific needs and budget.

Visit our [organizations page](#), or contact our [Programs Coordinator Teresa Johnson](#) for more information.

MULTI-DAY RETREATS & TRAININGS

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 (FULL, WAITLIST AVAILABLE)

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 & RJ Rongcal
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