

ONLINE

Day of Self-Compassion with Carolyn
Saturday, August 19, 9am-4pm

MSC II: Roots of Compassion with Tim
Sundays, October 15 - November 26, 4-6:30pm

Meeting Anxiety with Mindfulness with Catherine
Saturday, September 16, 1pm-4pm

Mindfulness for Healthcare Professionals with Beth
Sundays, October 22 - November 26, 6-8:30pm

Mindfulness-Based Stress Reduction with Tim
Tuesdays, September 19 - November 14, 6-8:30pm

Day of Self-Compassion Retreat with Catherine
Saturday, October 28, 9am-4pm

Mindful Self-Compassion with Catherine
Weds, September 20 - November 15, 6-8:30pm

Day of Mindfulness & Self-Compassion Retreat with Tim
Sunday, November 12, 9am-4pm

Mindfulness-Based Stress Reduction with Karen
Thursdays, September 21 - November 16, 4-6:30pm

Mindfulness for Healthcare Pros Retreat with Beth
Sunday, November 19, 9am-3pm

Mindful Self-Compassion with Carolyn
Sundays, October 15 - December 3, 6pm-8:30pm

Warm Heart, Clear Mind Retreat with Richard
Saturday, December 2, 9am-1pm

MULTI-DAY RETREATS & TRAININGS

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 Karen Schwisow
Friday, October 27 - Sunday, October 29

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.

SEATTLE area

Mindfulness-Based Stress Reduction with Karen Schwisow
Wednesdays, September 20 - November 15, 6pm-8:30pm

Flourishing Together: A Couples Retreat with Teresa & Richard Johnson
Saturday, September 30, 10am-5pm

Interbeing: Relating with Awareness with Teresa Johnson
Sunday, October 1, 1pm-4pm

Day of Mindfulness with Karen Schwisow
Saturday, November 4, 9am-4pm

BELLINGHAM area

The First Free Women: A Retreat into Buddhist Poetry with Tim Burnett
Saturday, August 13, 9am-4pm

Mindfulness-Based Stress Reduction with Carolyn McCarthy
Mondays, October 16 - December 4, 6pm-8:30pm

Falling into Kindness: Body, Heart & Mind with Tim Burnett and Raizelah Bayen
Saturday, October 21, 9am-4pm

Meeting the Inner Critic with Carolyn McCarthy
Saturday, November 4, 1pm-4pm

Day of Mindfulness Retreat with Carolyn McCarthy
Saturday, November 18, 9am-4pm

FREE Online Introductions to Mindfulness

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

Intro to Self-Compassion with Catherine Duffy
Monday, September 4, 7-8:30pm

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

Intro to Mindfulness with Beth Glosten
Wednesday, September 6, 7-8:30pm