

ONLINE

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

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

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

Freedom Through Forgiveness Retreat with Tim
Saturday, January 13, 9am-4pm

Mindfulness-Based Stress Reduction with Tim
Sundays, January 14-March 10, 4pm-6:30pm

Mindfulness-Based Stress Reduction with Karen
Tuesdays, January 16-March 5, 6pm-8:30pm

Mindful Self-Compassion with Richard
Thursdays, January 18-March 7, 6pm-8:30pm

Mindful Self-Compassion with Carolyn
Mondays, February 12-April 1, 6-8:30pm

Day of Mindfulness Retreat with Tim
Sunday, February 18, 9am-4pm

Day of Mindfulness Retreat with Karen
Saturday, February 24, 9am-4pm

Day of Self-Compassion Retreat with Carolyn
Saturday, March 16, 9am-4pm

MULTI-DAY RETREATS & TRAININGS

Heart of Winter Retreat (ONLINE) with Tim & Carolyn
Friday, February 9 - Sunday, February 11

Spring Weekend Retreat at Samish Island Camp & Retreat Center with Carolyn & Karen
Friday, March 22 - Sunday, March 24

Roots of Compassion Retreat at Samish Island Camp & Retreat Center with Tim
Friday, May 17 - Wednesday, May 22

Fierce Compassion Women's Retreat at Whidbey Institute with Carolyn & Karen
Friday, May 24 - Sunday, May 26 (Registration Opening Soon)

Summer Weekend Retreat at Samish Island Camp & Retreat Center with Karen & RJ
Friday, June 28 - Sunday, June 30

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.

In-person: SEATTLE area

Day of Gratitude Retreat with Teresa & Richard
Saturday, January 6, 10am-5pm

Mindfulness-Based Stress Reduction with Karen
Wednesdays, January 17-March 6, 6-8:30pm

Mindful Self-Compassion with Catherine
Tuesdays, January 30-March 19, 6-8:30pm

Freedom & Clarity: A Women's Retreat with Karen & Carolyn
Saturday, February 3, 9am-4pm

Day of Mindfulness Retreat with Karen
Saturday, February 17, 9am-4pm

Day of Self-Compassion Retreat with Catherine
Saturday, March 2, 9am-4pm

In-person: BELLINGHAM area

(FREE) Starting Your Year with Mindfulness with Tim
Wednesday, January 3, 6pm-7:30pm

Mindful Self-Compassion with Tim
Wednesdays, January 17-March 6, 6-8:30pm

Mindfulness & Emotional Resilience Workshop with Carolyn
Saturday, January 27, 1pm-4pm

Day of Self-Compassion Retreat with Tim
Saturday, February 17, 9am-4pm

FREE Online Introductions to Mindfulness

Intro to Mindfulness with Tim
Monday, December 11, 7pm-8:30pm

Intro to Self-Compassion with Richard
Thursday, December 14, 7pm-8:30pm