

## ONLINE

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

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

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

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

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

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

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

**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

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

**Roots of Mindfulness** at Samish Island Camp & Retreat Center with Tim & Carolyn  
Friday, August 23 - Wednesday, August 28

### 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

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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

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## In-person: BELLINGHAM area

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(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

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## FREE Online Introductions to Mindfulness

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Intro to Mindfulness with Teresa  
Sunday, March 17, 6pm-7:30pm

Intro to Self-Compassion with Catherine  
Thursday, March 21, 7pm-8:30pm