

Upcoming Programs at Mindfulness Northwest

www.mindfulnessnorthwest.com



ONLINE

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

Self-Compassion for Caregivers with Teresa
Saturday, April 6, 10am-12pm

Mindfulness-Based Stress Reduction with Carolyn
Sundays, April 21 - June 16, 4pm-6:30pm

Mindful Self-Compassion with Catherine
Mondays, April 22 - June 17, 6pm-8:30pm

Going Deeper with Mindfulness with Tim
Wednesdays, May 1 - June 12, 6pm-8pm

Mindfulness for Healthcare Providers with Beth
Tuesdays, May 14 - June 11, 6:30pm-9pm

Day of Mindfulness Retreat with Carolyn
Saturday, June 1, 9am-4pm

Day of Self-Compassion Retreat with Catherine
Sunday, June 2, 9am-4pm

Meeting Anxiety Workshop with Beth
Wednesday, June 5, 6:30pm-8:30pm

Day of Mindfulness for Healthcare Pros with Beth
Sunday, June 9, 9am-3pm

MULTI-DAY RETREATS & TRAININGS

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 & Catherine
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

Fall Weekend Retreat at Samish Island Camp & Retreat Center with Tim
Friday, October 11 - Sunday, October 13

In-person: SEATTLE area

Mindfulness-Based Stress Reduction with Karen
Tuesdays, April 2 - May 21, 6pm-8:30pm

Mindful Self-Compassion with Catherine
Thursdays, April 25 - June 13, 6pm-8:30pm

Spring into Kindness Retreat with Tim & Raizelah
Saturday, May 11, 10am-5pm

Day of Mindfulness Retreat with Karen
Saturday, May 18, 9am-4pm

Day of Self-Compassion Retreat with Catherine
Saturday, June 1, 9am-4pm

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: BELLINGHAM area

(Free) **Evening of Mindfulness** with Tim
Tuesday, March 19, 6pm-7:30pm

Mindfulness-Based Stress Reduction with Carolyn
Tuesdays, April 2 - May 21, 6pm-8:30pm

Growing Together: A Couples Retreat Day
with Teresa & Richard
Saturday, April 13, 10am-5pm

Cultivating Happiness Workshop with Tim
Sunday, April 28, 1pm-4pm

(Free) **Evening of Mindfulness** with Carolyn
Monday, May 6, 6-7:30pm

Day of Mindfulness Retreat with Carolyn
Saturday, May 11, 9am-4pm

FREE Online Intros to Mindfulness

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

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

Intro to Mindfulness with Beth
Sunday, May 12, 6pm-7:30pm

Intro to Self-Compassion with Carolyn
Monday, May 13, 7pm-8:30pm