

## ONLINE

**Mindfulness-Based Stress Reduction** with Tim  
Mondays, Sept 23 - Nov 18, 4-6:30pm

**Mindfulness-Based Stress Reduction** with Karen  
Tuesdays, Sept 24 - Nov 12, 6-8:30pm

**Mindful Self-Compassion** with Carolyn  
Sundays, Sept 29 - Nov 24, 4-6:30pm

**Going Deeper with Compassion** with Tim  
Tuesdays, Oct 1 - Nov 5, 6-8pm

**Mindfulness for Healthcare Professionals**  
with Beth  
Sundays, Oct 6 - Nov 10, 6:30-9pm

**Soft Animal Body: Moving with Presence,  
Pleasure & Play** with Ellen  
Wednesday, Nov 20, 6-8pm

**Mindful Parenting** with Teresa  
Tuesday, December 10, 6:30-8:30pm

**Warm Heart, Clear Mind Retreat** with Carolyn  
Saturday, Dec 14, 9am-1pm

## MULTI-DAY RETREATS & TRAININGS

**Roots of Mindfulness** at Samish Island Camp & Retreat Center with Tim & Carolyn  
Friday, August 23 - Wednesday, August 28, 2024

**Fall Weekend Retreat** at Samish Island Camp & Retreat Center with Tim  
Friday, October 11 - Sunday, October 13, 2024

**Heart of Winter Weekend Retreat** at Archbishop Brunett Palisades Retreat Center with Tim & Karen  
Friday, February 14 - Sunday, February 16, 2025

**Spring Weekend Retreat** at Samish Island Camp & Retreat Center with Tim  
Friday, March 28 - Sunday, March 30, 2025

**Fierce Compassion Women's Retreat** at Whidbey Institute with Carolyn & Karen  
Friday, May 16 - Sunday, May 18, 2025

**Rainforest Retreat in Costa Rica** with Tim & Robin  
Thursday, May 22 - Friday, May 30, 2025

# Upcoming Programs at Mindfulness Northwest

www.mindfulnessnorthwest.com



## In-person: SEATTLE area

**Fierce Compassion Retreat** with Karen & Carolyn  
Saturday, Sept 7, 9am-4pm

**Mindfulness-Based Stress Reduction** with Karen  
Wednesdays, Sept 25 - Nov 13, 6-8:30pm

**Mindful in Nature** with Beth  
Saturday, Oct 5, 9am - 2pm

**Mindful Self-Compassion** with Catherine  
Thursdays, Oct 17 - Dec 12, 6-8:30pm

### 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.

## In-person: BELLINGHAM area

**Falling into Kindness** with Tim & Raizelah  
Sunday, Sept 22, 9:30am-4:30pm

**Meeting Grief Workshop** with Carolyn  
Saturday, Sept 28, 1-4pm

**Mindful Self-Compassion** with Carolyn  
Mondays, Sept 30 - Nov 18, 6-8:30pm

**Day of Self-Compassion** with Carolyn  
Saturday, Nov 16, 9:30am-4:30pm

**Mindfulness & Emotional Resilience** with Tim  
Sunday, Nov 17, 1-4pm

## FREE Online Intros to Mindfulness

**Intro to Self-Compassion** with Catherine  
Tuesday, August 27, 6:30-8pm

**Evening of Self-Compassion** with Carolyn  
Wednesday, November 6, 5:30-7pm  
in Bellingham

**Intro to Self-Compassion** with Carolyn  
Tuesday, November 12, 6:30-8pm

**Intro to Mindfulness** with Karen  
Tuesday, December 3, 6-7:30pm