

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