

Winter 2025 Programs at Mindfulness Northwest

www.mindfulnessnorthwest.com



In-person: SEATTLE/EASTSIDE area

Mindfulness-Based Stress Reduction with Karen
Wednesdays, January 22 - March 12, 6-8:30pm

Mindful Self-Compassion with Catherine
Saturdays, February 1 - March 29, 10am-12:30pm

Day of Mindfulness & Compassion with Karen
& Catherine, Saturday, March 8, 9am-4pm

Could Your Organization Use More Mindfulness?

Mindfulness Northwest offers a wide variety of quality mindfulness training options for corporations, medical centers, and non-profits in the Puget Sound area and online.

We look forward to sharing mindfulness with your team!

Visit our [website](#) or contact our [Programs Manager Teresa Johnson](#) for more information.

In-person: BELLINGHAM area

Starting the Year with Gratitude
with Teresa & Richard
Saturday, January 18, 12-4pm

A Day of Mindfulness with Tim
Saturday, March 1, 9am-4pm

Mindfulness-Based Stress Reduction with Tim
Mondays, January 27 - March 24, 9-11:30am

Freedom Through Forgiveness with Tim
Saturday, March 8, 1-4pm

FREE Intro Events

Intro to Mindful Self-Compassion with Tim
Wednesday, January 8, 7-8:30pm

Evening of Mindfulness (Bellingham) with Tim
Wednesday, February 12, 6-7pm

Intro to Mindfulness with Carolyn
Sunday, March 16, 4-5:30pm

MBSR Teacher Training Info Session with Karen
Tuesday, March 18, 5-6pm

ONLINE

Mindfulness-Based Stress Reduction with Tim
Sundays, January 12 - March 9, 4-6:30pm

Day of Mindfulness with Tim
Sunday, February 23, 9am-4pm

Mindfulness-Based Stress Reduction with Karen
Tuesdays, January 21 - March 11, 6-8:30pm

Mindful Self-Compassion with Carolyn
Mondays, March 10 - April 28, 6-8:30pm

Forging Emotional Resilience with Teresa
Wednesday, February 19, 6:30-8:30pm

2025 MULTI-DAY RETREATS & TRAININGS

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

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

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

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

Summer Weekend Retreat at Samish Island Camp & Retreat Center with Tim & RJ
Friday, June 27 - Sunday, June 29

Roots of Mindfulness Retreat at Samish Island Camp & Retreat Center with Tim & Carolyn
Friday, August 22 - Wednesday, August 27

Fall Weekend Retreat at Samish Island Camp & Retreat Center with Tim
Friday, October 10 - Sunday, October 12