

# 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