

Upcoming Programs at Mindfulness Northwest

www.mindfulnessnorthwest.com



In-person: SEATTLE 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, 10-12:30pm

Day of Mindfulness & Compassion with Karen
& Catherine
Saturday, March 8, 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

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

Forging Emotional Resilience with Tim
Sunday, Nov 17, 1-4pm

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

Mindfulness-Based Stress Reduction with Tim
Mondays, January 13 - March 10, 9-11:30am

A Day of Mindfulness with Tim
Saturday, February 22, 9am-4pm

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

FREE Intro Events

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

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

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

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

ONLINE

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

Mindfulness-Based Stress Reduction with Tim

Sundays, January 12 - March 9, 4-6:30pm

Mindfulness-Based Stress Reduction with Karen

Tuesdays, January 21 - March 11, 6-8:30pm

Mindful Self-Compassion with Tim

Wednesdays, January 22 - March 12, 6-8:30pm

Forging Emotional Resilience with Teresa

Wednesday, February 19, 6:30-8:30pm

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

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