

ONLINE

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

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

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

Mindful Self Compassion with Carolyn & Danny
Monday, 3/10-4/28, 6-8:30pm

Going Deeper with Wisdom & Compassion with Tim
Sundays, 3/23-4/27, 4-6pm

A Day of Self Compassion with Carolyn
Saturday, April 12, 9am-4pm

Practice, Not Perfect: Strategies & Support to Keep You Meditating
with Carolyn & Karen
Tuesdays, 4/22-6/10, 6:30-8pm

Mindfulness Based Stress Reduction with Teresa
Wednesdays, 5/7-6/25, 6:30-9pm

A Day of Mindfulness with Carolyn & Karen
Saturday May 31, 9am-4pm

A Day of Mindfulness with Teresa
Saturday June 14, 9am-4pm

Mindful Self-Compassion with Catherine
Tuesdays, 7/22-9/9, 6:30-9pm

Mindfulness Based Stress Reduction with Tim
Mondays, 9/22-11/10, 4-6:30pm

Mindfulness Based Stress Reduction with Karen
Tuesdays, 9/23-11/18, 6-8:30pm

Going Deeper with Wisdom & Compassion with
Tim Tuesdays, 9/23-10/28, 4-6pm

MULTI-DAY RETREATS

Winter Weekend Retreat at AB Palisades Retreat Center
with Tim & Karen- Fri, February 14 - Sun, February 16, 2025

Spring Weekend Retreat at Samish Island Retreat Center
with Tim- Fri, March 28 - Sun, March 30, 2025

Fierce Compassion Women's Retreat at Whidbey Institute
with Carolyn & Karen- Fri, May 16 - Sun, May 18, 2025

Rainforest Retreat in Costa Rica
with Tim & Robin- Thu, May 22 - Fri, May 30, 2025

Roots of Mindfulness at Samish Island Retreat Center
with Tim & Carolyn- Fri, August 22 - Wed, August 27, 2025

Fall Weekend Retreat at Samish Island Camp & Retreat Center
with Tim- Fri, October 10 - Sun, October 12, 2025

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.

Upcoming Programs at Mindfulness Northwest

www.mindfulnessnorthwest.com



In-person: SEATTLE/EASTSIDE area

Mindfulness-Based Stress Reduction with Karen
Wednesdays, 1/22-3/12, 6-8:30pm

Mindful Self- Compassion with Catherine
Saturdays, 2/1-3/29, 10am-12:30pm

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

Spring Into Kindness: Body, Heart & Mind with
Tim & Raizelah- Saturday, April 5, 9:30am-4:30pm

Freedom & Clarity: A Retreat Day for Women
with Carolyn & Karen- Sat April 19 9am-4pm

Opening To Wonder: Mindfulness in Nature
with Beth- Saturday, June 7, 9am-2pm

Letting It All In: A Self-Compassion Retreat
with Catherine- Sat June 21, 9am-4pm

A Day of Mindfulness with Karen
Saturday, August 16, 9am-4pm

Opening To Wonder: Mindfulness in Nature
with Beth- Saturday, September 6, 9am-2pm

Fierce Compassion: A Day Retreat for Women
with Carolyn & Karen- Sat Sept 13 9am-4pm

Mindfulness Based Stress Reduction with Karen
Wednesdays, 9/24-11/19, 6-8:30 pm

A Day of Mindfulness with Karen
Saturday, November 15, 9am-4pm

In-person: BELLINGHAM area

Mindfulness Based Stress Reduction with Tim
Mondays 1/27/25-3/24/25 9-11:30 am

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

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

Mindful Self Compassion with Carolyn
Monday 10/6/25-11/24/25, 6:30-9pm

Healing The Inner Critic with Carolyn
Saturday, October 18, 1-4pm

A Day of Self Compassion with Carolyn
Saturday, November 8, 9am-1pm

FREE Mindfulness Offerings & Teacher Training Info Sessions

An Evening of Mindfulness with Tim
Wednesday, February 12 6-7pm in Bellingham

An Afternoon of Mindfulness with Carolyn
Sunday, March 16 4-5:30 pm Online

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

MBSR Teacher Training Info Session with Tim
Tuesday, April 15, 7-8pm Online

An Evening of Mindfulness with Teresa
Wednesday, April 30 7-8:30pm Online

MBSR Teacher Training Info Session with Karen
Tuesday, July 15, 5-6 pm Online

MBSR Teacher Training Info Session with Tim
Sunday, August 17, 4-5 pm Online

An Evening of Mindfulness with Karen
Tuesday, December 2, 5-6:30 pm Online