

## ONLINE

### **Less Overwhelm, More Ease: An Evening of Mindfulness**

with Teresa Johnson

Wednesday, April 30, 2025 | 7:00 pm - 8:30 pm PT

### **Mindfulness-Based Stress Reduction**

with Teresa Johnson

Wednesdays, May 7 - June 25, 2025 | 6:30pm - 9:00pm PT

### **Step Back and Reset: An Online Day of Mindfulness**

with Karen Schwisow & Carolyn McCarthy

Saturday, May 31, 2025 | 9:00 am - 4:00 pm PT

### **Finding Your Footing In Uncertain Times: A Day of Mindfulness**

with Teresa Johnson

Saturday, June 14, 2025 | 9:00 am - 4:00 pm PT

### **Mindfulness Based Stress Reduction**

with Tim Burnett

Mondays, Sept 22 - Nov 10, 2025 | 4:00 - 6:30pm PT

### **Mindfulness-Based Stress Reduction**

with Karen Schwisow

Tuesdays, Sept 23 - Nov 18, 2025 | 6:00 - 8:30pm PT  
(skipping October 14th)

### **Going Deeper with Wisdom and Compassion**

with Tim Burnett

Tuesdays, Sept 30 - Nov 11, 2025 | 4:00 - 6:00pm PT  
(skipping October 28th)

### **Mindfulness for Healthcare Professionals**

with Beth Glosten

Wednesdays, Oct 8 - Nov 5, 2025 | 6:30 - 9pm PT

### **A Day of Mindfulness for Healthcare Professionals**

with Beth Glosten

Sunday, November 1, 2025 | 9:00 am - 4:00 pm PT

### **A Day to Pause: Deepening Presence and Awareness**

with Karen Schwisow

Saturday November 8, 2025 | 9:00 am - 4:00 pm PT

## MULTI-DAY RETREATS

### **Fierce Compassion Women's Retreat** at Whidbey Institute (Whidbey Island)

with Karen Schwisow and Carolyn McCarthy

May 16 - 18, 2025 | Friday, 1:00 pm - Sunday, 12:30 pm PT

### **Rainforest Retreat in Costa Rica**

with Tim Burnett and Robin Boudette

May 22 - 30, 2025

### **Summer Weekend Retreat** in Bow (Samish Island)

with Tim Burnett and RJ Rongcal

June 27 - 29, 2025 | Friday, 4:00 pm - Sunday, 12:00 pm PT

### **Roots of Mindfulness Retreat** in Bow (Samish Island)

with Tim Burnett and Carolyn McCarthy

August 22 - 27, 2025 | Friday, 4:00 pm - Wednesday, 12:00 pm PT

### **Fall 3-Day Retreat** in Bow (Samish Island)

with Tim Burnett

October 9 - 12, 2025 | Thursday 4pm - Sunday 12pm

Could your organization use  
more mindfulness?

Mindfulness Northwest offers quality mindfulness training to dozens of corporations, medical centers, and non-profits in the Puget Sound area and beyond. We look forward to collaborating with you in bringing mindfulness training to your team. Visit our [For the Workplace](#) page, or email us at [office@mindfulnessnorthwest.com](mailto:office@mindfulnessnorthwest.com) for more information.

## IN-PERSON: SEATTLE / EASTSIDE AREA

### **Opening To Wonder: Mindfulness in Nature**

*with Beth Glosten*

Saturday, June 7, 2025 | 9:00 am - 2:00 pm PT

### **Letting It All In: A Self-Compassion Retreat**

*with Catherine Duffy*

Saturday, June 21, 2025 | 9:00 am - 4:00 pm PT

### **Finding Your Footing in Uncertain Times: A Day of Mindfulness**

*with Karen Schwisow*

Saturday, August 16, 2025 | 9:00 am - 4:00 pm PT

### **Opening to Wonder: Mindfulness in Nature**

*with Beth Glosten*

Saturday, September 6, 2025 | 9:00 am - 2:00 pm PT

### **Fierce Compassion: A Retreat Day for Women**

*with Karen Schwisow and Carolyn McCarthy*

Saturday, September 13, 2025 | 9:00 am - 4:00 pm PT

### **A Day to Pause: Deepening Presence and Awareness**

*with Karen Schwisow*

Saturday, November 15, 2025 | 9:00 am - 4:00 pm PT

## IN-PERSON: BELLINGHAM AREA

### **An Evening of Self-Compassion**

*with Carolyn McCarthy*

Tuesday, September 16, 2025 | 6:00 pm - 7:00 pm PT

### **Mindful Self Compassion**

*with Carolyn McCarthy*

Mondays, Oct 6 - Nov 24, 2025 | 6:30pm- 9:00pm PT

### **Healing The Inner Critic**

*with Carolyn McCarthy*

Saturday October 18, 2025 | 1:00 pm - 4:00pm PT

### **A Day of Self Compassion**

*with Carolyn McCarthy*

Saturday, November 15, 2025 | 9:00 am - 4:00 pm PT

## FREE Mindfulness Offerings & Teacher Training Info Sessions

### **Less Overwhelm, More Ease: An Evening of Mindfulness**

*with Teresa Johnson*

Wednesday, April 30, 2025 | 7:00 pm - 8:30 pm PT

### **MBSR Teacher Training Info Session**

*with Karen Schwisow*

Tuesday, July 15, 2025 | 5:00 pm - 6:00 pm PT

### **MBSR Teacher Training Info Session**

*with Tim Burnett*

Sunday, August 17, 2025 | 4:00 pm - 5:00 pm PT

### **Less Overwhelm, More Ease: An Evening of Mindfulness**

*with Karen Schwisow*

Tuesday, December 2, 2025 | 5:00 pm - 6:30 pm PT