

Upcoming Programs at Mindfulness Northwest



Remaining for March + Upcoming for April and May

ONLINE

PROGRAMS	SCHEDULE	TEACHER/S
Introduction to Mindful Self-Compassion (Free Workshop) REGISTER HERE	Sunday, March 29, 2026 6:30pm – 7:30pm PST	Carolyn McCarthy
Going Deeper with Wisdom & Compassion (6-Week Course) REGISTER HERE	6 Monday classes, March 30 – May 4, 2026 6:00 – 8:00pm PST	Tim Burnett
MBSR Teacher Training Info Session (Free Workshop) REGISTER HERE	Sunday April 5, 2026 4:00 pm - 5:00 pm PST	Tim Burnett
Step Back & Reset: A Day of Mindfulness (Retreat) REGISTER HERE	Saturday April 11, 2026 9:00 am - 4:00 pm PST	Carolyn McCarthy & Bryant Alexander
Mindful Self-Compassion (8-Week Course) REGISTER HERE	8 Sunday classes, April 12 – June 14, 2026 4:00 – 6:30pm PST	Catherine Duffy
Meeting Loss and Transition with Self- Compassion (Workshop) REGISTER HERE	Tuesday April 28, 2026 6:00 pm - 8:00 pm PST	Catherine Duffy
Practice, Not Perfect: Strategies & Support To Keep You Meditating (8-Week Course) REGISTER HERE	8 Wednesdays classes, April 29 – June 17, 2026 6:00 – 7:30pm PST	Carolyn McCarthy & Karen Schwisow

Could your organization use more mindfulness?

Mindfulness Northwest offers high-quality mindfulness training to a wide range of corporations, medical centers, and nonprofit organizations throughout the Puget Sound area and beyond. We would love to partner with you in bringing meaningful, effective mindfulness training to your team. To learn more, visit our [For the Workplace page](#) or email

karen@mindfulnessnorthwest.com.

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IN-PERSON

PROGRAMS	SCHEDULE	LOCATION	TEACHER/S
Rooted in Compassion: Movement & Mindfulness Practices (Retreat) REGISTER HERE	Saturday, April 4, 2026 9:00 am - 4:00 pm PST	Semiahmoo County Park Cannery Lodge (Whatcom County)	Tim Burnett & Raizelah Bayen
Managing Stress and Burnout: Mindfulness Tools for Healthcare Providers (Workshop) REGISTER HERE	Saturday, April 11, 2026 9:00 am - 11:00 am PST	Good Shepherd Center (Seattle)	Beth Glisten
Mindfulness-Based Stress Reduction (8-Week Short Course) REGISTER HERE	8 Monday classes, May 4 – June 29, 2026 6:30 – 8:30pm PST	Center for Spiritual Living (Olympia)	Holly Bond
Facing Anxiety: Mindfulness Tools for Healthcare Providers (Workshop) REGISTER HERE	Saturday, May 9, 2026 9:00 am - 11:00 am PST	Good Shepherd Center (Seattle)	Beth Glisten
Steady in a World of Change (6-Week Course) REGISTER HERE	6 Wednesdays classes, May 20 – June 24, 2026 6:00 – 7:30pm PST	Emmaus Table at 7400 Woodlawn (Seattle)	RJ Rongcal
Fierce Compassion: Women's Weekend Retreat REGISTER HERE	May 29 - 31, 2026 Friday, 1:00 pm - Sunday, 12:30 pm PST	Sacred Waters (South Puget Sound)	Carolyn McCarthy & Karen Schwisow