

## JUNE 2026



02



June 2 (Tuesday evenings)  
**MEETING LOSS AND TRANSITION WITH  
SELF-COMPASSION COURSE**  
ONLINE  
6-week course



with  
CATHERINE  
DUFFY

[learn more & register](#)

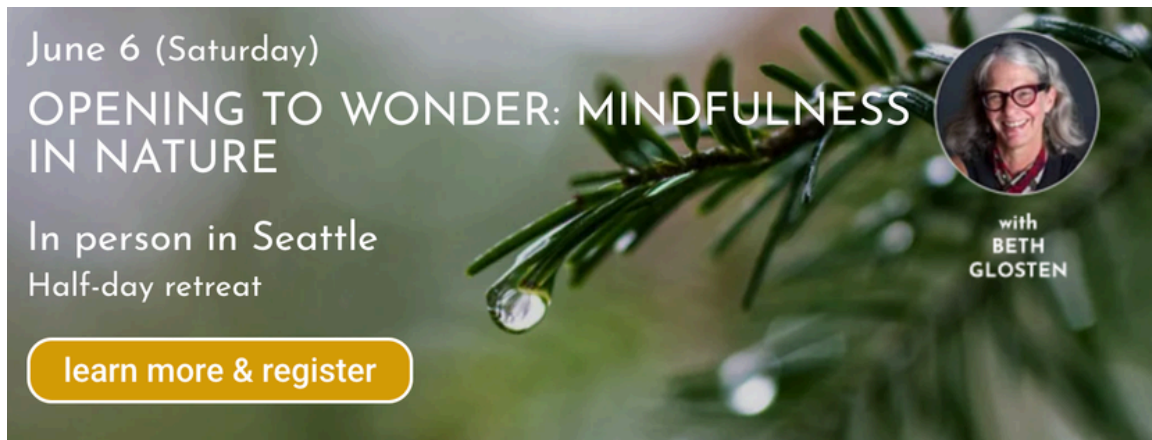
When life brings change, uncertainty, or loss, it's easy to feel overwhelmed and alone.

In this compassionate 6-week course, you'll learn simple Mindful Self-Compassion practices to help you navigate difficult emotions, quiet self-criticism, and reconnect with inner steadiness.


Together, we'll create a supportive space where healing, resilience, and self-kindness can grow.



06



June 6 (Saturday)  
**OPENING TO WONDER: MINDFULNESS  
IN NATURE**  
In person in Seattle  
Half-day retreat



with  
BETH  
GLOSTEN

[learn more & register](#)

Reconnect with yourself through the wisdom and beauty of the natural world during this half-day Nature Meditation retreat with Beth Glosten.


Surrounded by the sights, sounds, and rhythms of nature, you'll explore mindfulness practices that foster presence, calm, and connection while discovering lessons in resilience, gratitude, and interconnectedness.

This peaceful, mostly silent retreat offers a chance to slow down, listen deeply, and feel more at home in the world around you.

## JUNE 2026



13



June 13 (Saturday)  
**MANAGING STRONG EMOTIONS**  
(MINDFULNESS TOOLS FOR CARE PROVIDERS)

In person in Seattle  
2-hour workshop

with  
BETH  
GLOSTEN

[learn more & register](#)

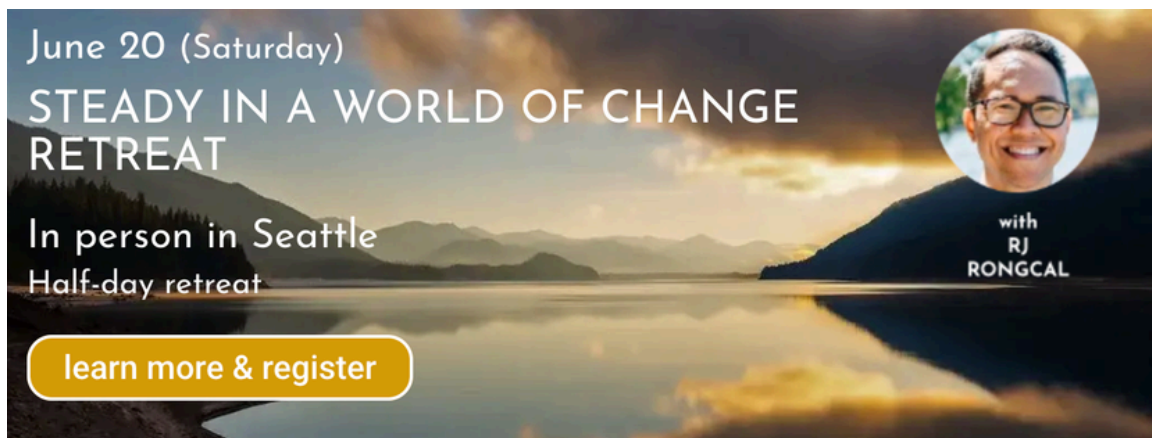
Caring for others can take a toll, especially when stress, frustration, grief, and emotional exhaustion begin to follow you beyond the workplace.

This class offers mindfulness and compassion-based practices to help you navigate difficult emotions with greater awareness, resilience, and self-compassion.

Through guided reflection and practical tools, you'll learn to respond to challenging moments with more clarity, steadiness, and choice, both at work and at home.



20



June 20 (Saturday)  
**STEADY IN A WORLD OF CHANGE**  
RETREAT

In person in Seattle  
Half-day retreat

with  
RJ  
RONGCAL

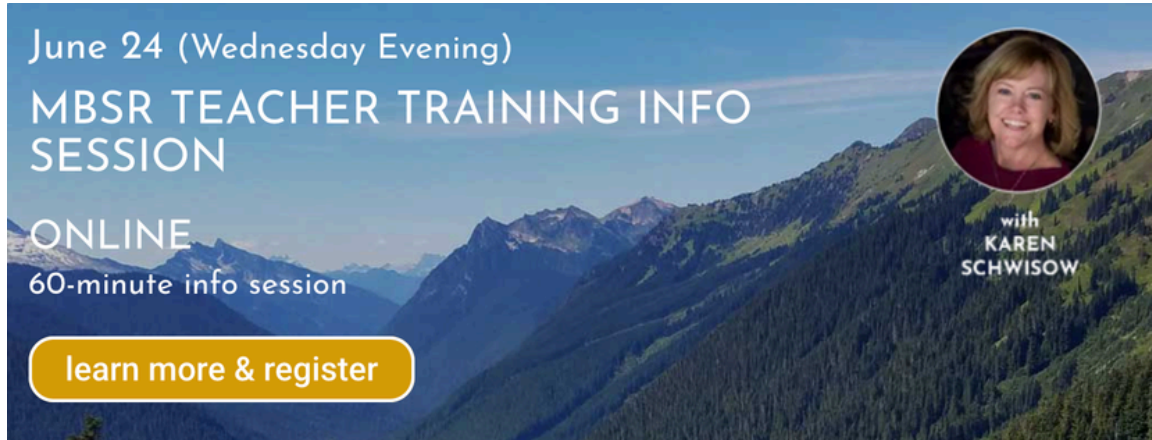
[learn more & register](#)

Give yourself the gift of slowing down and turning inward in the company of a supportive community.


Guided by experienced teacher R.J. Rongcal, this half-day retreat combines mindfulness practice, loving-kindness, gentle movement, and reflection to help you reconnect with a sense of peace, balance, and well-being.

Return to your daily life with renewed clarity, calm, and an open heart.

## JUNE 2026



June 24 (Wednesday Evening)  
**MBSR TEACHER TRAINING INFO SESSION**  
ONLINE  
60-minute info session



with  
**KAREN SCHWISOW**

[learn more & register](#)

Discover what it takes to become a skilled and confident MBSR teacher in this free information session with Karen Schwisow.

Learn about the program's unique apprentice-style approach, personalized mentorship, and supportive learning community while getting your questions answered directly by faculty.

Whether you're exploring a new professional path or deepening your mindfulness practice, this session will help you determine if the training is right for you.



June 26 - 28, 2026  
**SUMMER WEEKEND RETREAT**  
In person in Bow (Samish Island)  
Weekend retreat



with R.J. RONGCAL  
& CAROLYN MCCARTHY

[learn more & register](#)

Step away from the demands of daily life and immerse yourself in a weekend of silence, mindfulness, and renewal.

Surrounded by the natural beauty of Samish Island, you'll explore guided meditation practices, gentle movement, and reflective teachings designed to deepen awareness and foster lasting well-being.

This retreat offers a rare opportunity to rest, reconnect, and experience the richness of sustained mindfulness practice.


## JUNE 2026



June 27 (Saturday)  
**COMING HOME TO YOURSELF: A  
MINDFULNESS DAY RETREAT**

In person in Olympia  
1-day retreat

[learn more & register](#)



with  
**HOLLY  
BOND**

In a world that rarely slows down, this day-long mindfulness retreat offers a chance to pause, listen deeply, and reconnect with yourself.

Guided by practices from the Mindfulness-Based Stress Reduction (MBSR) tradition, you'll explore meditation, mindful movement, compassion practices, and silence in a supportive environment designed to foster presence, resilience, and inner ease.

Leave feeling refreshed, grounded, and better equipped to meet life's challenges with awareness and care.

### ***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](mailto:karen@mindfulnessnorthwest.com).

[www.mindfulnessnorthwest.com](http://www.mindfulnessnorthwest.com)

*\*Images above contain live and direct links to their respective web pages\**