



ONLINE

Finding Your Footing In Uncertain Times: A Day of Mindfulness

with Teresa Johnson

Saturday, June 21, 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

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 for more information.

Upcoming Programs at Mindfulness Northwest

www.mindfulnessnorthwest.com



MINDFULNESS
NORTHWEST

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

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