



MINDFULNESS
NORTHWEST

8-Week Mindfulness Training

MBSR Short Course — In Person

Center for Spiritual Living, Olympia

Mondays, May 4 – June 29, 2026 | 6:30 – 8:30 pm | Skipping May 25 (Memorial Day)

All-Day Retreat: Saturday, June 27 | 9am – 4pm Teacher: Holly Bond

“Life changing. It helped me slow down, find a different gear inside myself, and get perspective on what’s important.”

— Recent participant, Seattle, WA

ABOUT THE PROGRAM

This program follows the evidence-based Mindfulness-Based Stress Reduction (MBSR) curriculum — one of the most widely researched mindfulness programs in the world. The Short Course format delivers the same core practices and teachings with slightly shorter weekly sessions, making it more accessible for people with demanding schedules.

Each week includes:

- Guided mindfulness meditation
- Mindful movement and body awareness
- Group dialogue and inquiry
- Home practice with a course workbook

No prior experience required.

WHO THIS IS FOR

This course is a good fit if you:

- Feel overwhelmed by stress or daily demands
- Want to build a meditation practice with guidance and support
- Are navigating change, uncertainty, or transitions
- Work in a helping profession and want tools for sustainable well-being

CONTINUING EDUCATION

APA: 23 CE Credits | BRN: 14.03 Contact Hours

ABOUT THE TEACHER

Holly Bond is devoted to serving disenfranchised populations. She is a certified MBSR teacher and registered yoga teacher, and holds a Master's in Training, Coaching, and Development from the University of Louisville.

HOW TO REGISTER

Visit our website or scan the QR code below:

mindfulnessnorthwest.com/programs/mbsr/



COST

\$400 – \$600 | Sliding scale — choose what's right for you

Payment plan: 4 months, no interest

Scholarships available — no application, simply select at registration

Bring a Friend: 10% off for both — use code *MindfulFriends*