



BALANCED YOU



Mindfulness

Spring 2025 Schedule

Mindfulness is the practice of being present and fully engaged with whatever we're doing at the moment—free from distraction or judgment. It's a proven method to reduce stress, improve focus, and enhance overall well-being. Balanced You partners with mindfulness providers CuriosityBased, SolJoy, and Mindfulness Northwest. Register through the QR code.



Classes from Mindfulness Northwest	Date	Time
From Overwhelmed to Aware: Overcoming Anxiety with Mindfulness	April 10	noon to 2 p.m.
Steady in the Storm: Staying Grounded with Mindfulness Tools	April 15	8 to 10 a.m.
Staying Calm, Speaking Clearly: Mindful Communication in Challenging Times	May 1	10 a.m. to noon
Steady in the Storm: Staying Grounded with Mindfulness Tools	May 14	1 to 3 p.m.
From Overwhelmed to Aware: Overcoming Anxiety with Mindfulness	June 5	3 to 5 p.m.
Staying Calm, Speaking Clearly: Mindful Communication in Challenging Times	June 18	11 a.m. to 1 p.m.

Classes from CuriosityBased and SolJoy	Date	Time
EFT (Emotional Freedom Techniques) Tapping: Relieve Stress and Avoid Burnout!	May 15	noon to 1:30 p.m.
Recharging from Burnout: Restoring Your Energy and Balance	June 24	2 to 3:15 p.m.
Body & Brain Qigong and Breathing for Stress Relief	June 27	noon to 1:15 p.m.



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