



BALANCED YOU



Mindfulness

Winter 2026 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
Mindful Comeback: Settling the Mind After the Holidays	Jan. 15	noon to 1:30 p.m.
Mindfulness and Intention: Setting the Tone for the New Year	Feb. 4	noon to 1:30 p.m.
Mindfulness for Anxiety: Cultivating Resilience Through Uncertainty	Feb. 26	noon to 1 p.m.
Mindfulness and Affirmation: Reconnecting to What Matters Most	March 10	noon to 1:30 p.m.
Mindfulness for Anxiety: Cultivating Resilience Through Uncertainty	March 25	noon to 1 p.m.

Classes from CuriosityBased and SolJoy	Date	Time
Energize and Calm: Qigong to Reset After the Holidays	Jan. 14	10 to 11 a.m.
Explore What Success Means to You in the New Year	Jan. 22	9 to 10 a.m.
Designing Soul-Inspired Morning Routines for Success	Feb. 3	2 to 3 p.m.
Dealing with Anxiety in 2026	Feb. 11	noon to 1 p.m.
Dealing with Anxiety in 2026	March 11	noon to 1 p.m.
Emotional Detox to Relieve Anxiety and Tune Into your Intentions	March 24	10 to 11 a.m.



KingCounty.gov/BalancedYou
balancedyou@kingcounty.gov
206-263-9626