



BALANCED YOU



Mindfulness

Spring 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
Healing the Inner Critic	April 7	noon to 2 p.m.
Mindfulness for Anxiety: Cultivating Resilience Through Uncertainty and Change	April 22	noon to 1 p.m.
Quieting the Busy Mind	May 18	noon to 1 p.m.
Mindfulness for Anxiety: Cultivating Resilience Through Uncertainty and Change	June 2	noon to 1 p.m.
Mindful Movement: QiGong for Energy and Clarity	June 23	noon to 1 p.m.

Classes from CuriosityBased and SolJoy	Date	Time
Leading with Self-Compassion in a Demanding World	April 21	noon to 1 p.m.
Dealing with Anxiety and Stress in Times of Change	April 23	9 to 10 a.m.
Ayurvedic Tools for Stress Relief & Balance	April 29	noon to 1:30 p.m.
Dealing with Anxiety and Stress in Times of Change	May 5	10 to 11 a.m.
Move the Body, Quiet the Mind	May 12	2 to 3 p.m.
Resilient Joy: Feeling Hope as a High Achieving Leader	June 2	2 to 3 p.m.
Dealing with Anxiety and Stress - Part 2	June 9	10 to 11 a.m.

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