



BALANCEDYOU



Mindfulness

2026 Fall 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
Mindfully Navigating the Transition to Retirement	Oct. 15	noon to 1:30 p.m.
Mindfulness for the Winter Months	Oct. 28	noon to 1 p.m.
Mindfulness for the Holidays: Less Stress, More Savoring	Nov. 17	noon to 1 p.m.

Classes from CuriosityBased and SolJoy	Date	Time
What Comes Next: Retirement, Identity, & Mindfulness	Oct. 15	10 to 11 a.m.
Physical Movement to Beat Holiday Stress & Stay Grounded	Oct. 20	1 to 2 p.m.
Tis the Season: Finding Calm, Meaning, & Mindfulness (Part 2)	Oct. 27	2 to 3 p.m.
Gratitude Using EFT (Emotional Freedom Technique) Tapping	Nov. 3	10 to 11 a.m.
Fighting Seasonal Depression with Ayurveda	Nov. 10	1 to 2 p.m.
Life after the Last Day: Preparing for Retirement's Inner Shift	Nov. 19	11 a.m. to noon

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