

AUTUMN CALENDAR



SEPTEMBER

4 TUESDAY
MINDFUL YOGA
12 noon-12:45pm
Tuesdays & Fridays
(No Class Sept. 18 & 25)

7 FRIDAY
MINDFUL YOGA
12 noon-12:45pm

11 TUESDAY
MINDFUL YOGA
12 noon-12:45pm

12 WEDNESDAY
WELLNESS TALKS
12 noon-1pm

14 FRIDAY
MINDFUL YOGA
12 noon-12:45pm

20 THURSDAY
"SITEseeing" (NEW FILM SERIES)
7pm
Free Tickets on Eventbrite

21 FRIDAY
MINDFUL YOGA
12 noon-12:45pm

28 FRIDAY
MINDFUL YOGA
12 noon-12:45pm

30 SUNDAY
**DAYLONG MEDITATION
RETREAT**
10am-4pm
Tickets on Eventbrite

OCTOBER

3 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm
Wednesdays
(No Class 11/07)

4 THURSDAY
"SITEseeing" (NEW FILM SERIES)
7pm
Free Tickets on Eventbrite

10 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm

16 TUESDAY
WELLNESS TALKS
12 noon-1pm

17 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm

19 FRIDAY
**MOON OVER
MONONA TERRACE**
7-9:30pm
Free Tickets on Eventbrite

24 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm

24 WEDNESDAY
FAMILY CONCERT
7pm
"Embracing Diversity Concert"

31 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm

NOVEMBER

8 THURSDAY
"SITEseeing" (NEW FILM SERIES)
7pm
Free Tickets on Eventbrite

14 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm
Wednesdays

21 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm

26 MONDAY
LUNCHTIME YOGA
12 noon-12:45pm
Mondays & Thursdays

28 WEDNESDAY
**MEDITATION AT
MONONA TERRACE**
12 noon-12:45pm

29 THURSDAY
LUNCHTIME YOGA
12 noon-12:45pm

29 THURSDAY
PECHAKUCHA NIGHT
7pm
Free Tickets on Eventbrite

DECEMBER

3 MONDAY
LUNCHTIME YOGA
12 noon-12:45pm
Mondays & Thursdays

6 THURSDAY
LUNCHTIME YOGA
12 noon-12:45pm

7 FRIDAY
WELLNESS TALKS
12 noon-1pm

9 SUNDAY
**DAYLONG MEDITATION
RETREAT**
10am-4pm
Tickets on Eventbrite

10 MONDAY
LUNCHTIME YOGA
12 noon-12:45pm

13 THURSDAY
LUNCHTIME YOGA
12 noon-12:45pm



MONONA TERRACE
COMMUNITY PROGRAMS

