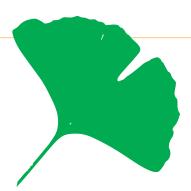
# SPRING CALENDAR



# **JANUARY**

14 MONDAY
LUNCHTIME YOGA

12 noon-12:45pm Mondays & Thursdays thru Feb. 11

(No Class Jan. 21)

17 THURSDAY
LUNCHTIME YOGA

12 noon-12:45pm

24 THURSDAY LUNCHTIME YOGA

12 noon-12:45pm

28 MONDAY LUNCHTIME YOGA

12 noon-12:45pm

30 WEDNESDAY
WELLNESS TALKS

12 noon-lpm

31 THURSDAY LUNCHTIME YOGA

12 noon-12:45pm

## **FEBRUARY**

4 MONDAY LUNCHTIME YOGA

> 12 noon-12:45pm Mondays & Thursdays

7 THURSDAY LUNCHTIME YOGA

12 noon-12:45pm

9 SATURDAY BOUNCE

> 7:30-11pm Tickets on Eventbrite

11 MONDAY LUNCHTIME YOGA 12 noon-12:45pm

12 TUESDAY
CIRQUE ZUMA ZUMA

7-8:30pm Tickets on Eventbrite 13 WEDNESDAY
PECHAKUCHA NIGHT
5:30-7:30pm

14 THURSDAY YOGA FOR BACK & LOWER BODY

> 12 noon-12:45pm Tuesdays & Thursdays thru March 14 (No Class Mar. 7)

19 TUESDAY
YOGA FOR BACK
& LOWER BODY

12 noon-12:45pm

21 THURSDAY YOGA FOR BACK & LOWER BODY

12 noon-12:45pm

26 TUESDAY YOGA FOR BACK & LOWER BODY

12 noon-12:45pm

28 THURSDAY YOGA FOR BACK & LOWER BODY

12 noon-12:45pm

28 THURSDAY
WRIGHT DESIGN SERIES

7pm

FREE Tickets on Eventbrite

### MARCH

1 FRIDAY
DANE DANCES!
SPRING BENEFIT

7-10:30pm

Tickets on Eventbrite

5 TUESDAY YOGA FOR BACK & LOWER BODY

> 12 noon-12:45pm Tuesdays & Thursdays (No Class Mar. 7)

12 TUESDAY
YOGA FOR BACK
& LOWER BODY

12 noon-12:45pm

14 THURSDAY
YOGA FOR BACK
& LOWER BODY

12 noon-12:45pm

14 THURSDAY
WRIGHT DESIGN SERIES

7pm

FREE Tickets on Eventbrite

19 TUESDAY
WELLNESS TALKS

12 noon-lpm

20 WEDNESDAY
MEDITATION AT
MONONA TERRACE

12 noon-12:45pm Wednesdays through May 29 (No Class April 10, 24 & May 22)

27 WEDNESDAY
MEDITATION AT
MONONA TERRACE

12 noon-12:45pm

### **APRIL**

3 WEDNESDAY
MEDITATION AT
MONONA TERRACE

12 noon-12:45pm Wednesdays through May 29 (No Class April 10 & 24)

4 THURSDAY
WRIGHT DESIGN SERIES

FREE Tickets on Eventbrite

7 SUNDAY

MINI MEDITATION RETREAT

10:30am-1:30pm

Tickets on Eventbrite

11 THURSDAY

WRIGHT DESIGN SERIES

FREE Tickets on Eventbrite

16 TUESDAY

**WELLNESS TALKS** 

12 noon-lpm

17 WEDNESDAY
MEDITATION AT

**MONONA TERRACE** 

12noon-12:45pm

# MAY

1 WEDNESDAY
MEDITATION AT
MONONA TERRACE

12 noon-12:45pm Wednesdays

(No Class May 22)

8 WEDNESDAY
MEDITATION AT
MONONA TERRACE

12 noon-12:45pm

15 WEDNESDAY

MEDITATION AT

MONONA TERRACE

12 noon-12:45pm

29 WEDNESDAY
MEDITATION AT
MONONA TERRACE

12 noon-12:45pm



