

AUTUMN CALENDAR



SEPTEMBER

- 9 MONDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 10 TUESDAY
SITESEEING FILM SERIES
7pm
FREE Tickets on Eventbrite
- 13 FRIDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 16 MONDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 19 THURSDAY
WELLNESS TALKS
12 noon – 1pm
- 20 FRIDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 23 MONDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 27 FRIDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 30 MONDAY
LUNCHTIME YOGA
12 noon – 12:45pm

OCTOBER

- 4 FRIDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 4 FRIDAY
MOON OVER
MONONA TERRACE
7:00 – 9:30pm
FREE Tickets on Eventbrite
- 7 MONDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 11 FRIDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 14 MONDAY
LUNCHTIME YOGA
12 noon – 12:45pm
- 15 TUESDAY
SITESEEING FILM SERIES
7pm
FREE Tickets on Eventbrite
- 16 WEDNESDAY
MEDITATION AT
MONONA TERRACE
12 noon – 12:45pm
- 17 THURSDAY
TRAUMA AND TENSION
RELEASING EXERCISES (TRE)
6 – 7:30pm

- 23 WEDNESDAY
FAMILY CONCERT
7pm
- 29 TUESDAY
WELLNESS TALKS
12 noon – 1pm
- 30 WEDNESDAY
MEDITATION AT
MONONA TERRACE
12 noon – 12:45pm

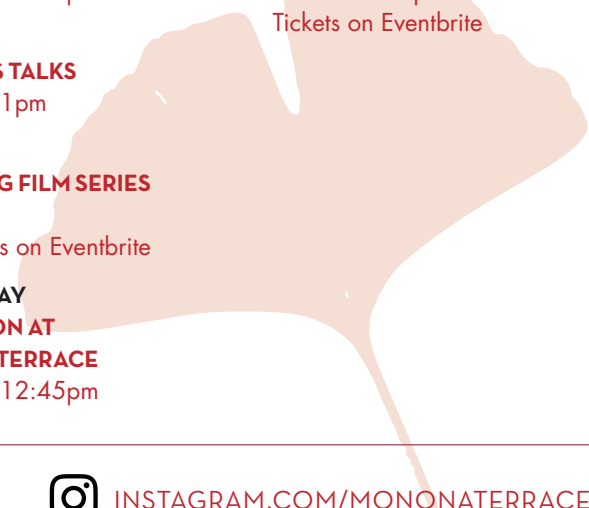
NOVEMBER

- 4 MONDAY
WPT PRESENTS
MICHAEL PERRY
7pm
FREE Tickets on Eventbrite 9/1
- 6 WEDNESDAY
MEDITATION AT
MONONA TERRACE
12 noon – 12:45pm
- 12 TUESDAY
WELLNESS TALKS
12 noon – 1pm
- 12 TUESDAY
SITESEEING FILM SERIES
7pm
FREE Tickets on Eventbrite
- 13 WEDNESDAY
MEDITATION AT
MONONA TERRACE
12 noon – 12:45pm

- 20 WEDNESDAY
MEDITATION AT
MONONA TERRACE
12 noon – 12:45pm
- 24 SUNDAY
MADISON MAKER FAIRE
10am – 4pm
Tickets on Eventbrite
- 27 WEDNESDAY
MEDITATION AT
MONONA TERRACE
12 noon – 12:45pm

DECEMBER

- 4 WEDNESDAY
MEDITATION AT
MONONA TERRACE
12 noon – 12:45pm
- 8 SUNDAY
MINI MEDITATION RETREAT
10am – 1:30pm
Tickets on Eventbrite



FACEBOOK.COM/MTCCC

TWITTER.COM/MONONATERRACE

INSTAGRAM.COM/MONONATERRACE



MONONA TERRACE
COMMUNITY PROGRAMS

