

Holistic Wellness Program



FREE!

**Todas las clases son bilingües
- inglés y español**

Digital Calendar



Yoga for All Levels

Saturdays @ 10:30am
George Morales Dove Springs
Recreation Center



Family Yoga

1st Saturday of each month @ 12pm
George Morales Dove Springs
Recreation Center



Voice/Guitar/Songwriting Lessons Beginner/Intermediate (15+)

Mondays @ 4-5pm
Windsor Park Library



Guitar Lessons (15+)

Tuesdays @ Twin Oaks Library
• Beginner: 2-2:30pm
• Intermediate: 2:45-3:15pm



Taller Abierto:

Painting/Drawing Workshop (15+)

1st Thursday of each month @ 10-11:30am
George Morales Dove Springs
Recreation Center



Drumming Lessons

2nd Sunday of each month @ 1pm
George Morales Dove Springs
Recreation Center



Chair Yoga

3rd Wednesday of each month @ 11am
George Morales Dove Springs
Recreation Center



Chair Yoga

3rd Friday of each month @ 10:30am
Yarborough Library



Gentle Flow Yoga (8+)

3rd Saturday of every month @ 10:30am
Windsor Park Library



Chair Yoga

4th Monday of each month @ 11am
Willie Mae Kirk Library



Budgeting Workshop

Wednesday, February 21 @ 6-7:30pm
Little Walnut Creek Library



Cine de Oro

Tuesday, February 27 @ 9-12pm
Conley-Guerrero Senior Center



Day of Wellness

Sunday, March 24 @ 9-1pm
Sunset Valley Community Garden



Learn to Row (18+)

Thursday, March 28 @ 6-7:30pm
Austin Rowing Club



Beginner Swim Lessons (5-17)

Saturdays @ 11-11:50pm
April 6-May 25
Bartholomew Municipal Pool



Beginner Swim Lessons (5-17)

Tuesdays & Thursdays @ 6:15-7:15pm
April 16-May 9
Big Stacy Neighborhood Pool



Road to Financial Freedom

Wednesday, April 24 @ 6-7:30pm
Little Walnut Creek Library



Cine de Oro

Tuesday, April 30 @ 9-12pm
Conley-Guerrero Senior Center



Women's Self-Defense Class (18+)

Saturday, May 4 @ 3-4:30pm
Austin Women's Boxing Club



Learn to Row (18+)

Thursday, April 25 @ 6-7:30pm
Austin Rowing Club



Small Business Financial Workshop

Wednesday, May 22 @ 6-7:30pm
Little Walnut Creek Library



Home Ownership Workshop

Wednesday, June 12 @ 6-7:30pm
Little Walnut Creek Library



Cine de Oro

Tuesday, June 25 @ 9-12pm
Conley-Guerrero Senior Center



Community Conversation on Identity through Writing

Thursday, February 22 @ 5-8:30pm
Southeast Library



Taller Abierto:

Painting/Drawing Workshop (15+)

Saturday, February 24 @ 2-4pm
North Village Library

Taller Abierto: Painting/Drawing Workshop (15+): Art classes for all levels. Includes exploration of different techniques. All materials provided! Pre-registration required.

Chair Yoga: A gentle form of yoga that can be done while seated in a chair. These modifications make yoga accessible to people with various physical abilities.

Yoga for All Levels: Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation and sound to regulate the nervous system.

Family Yoga: A space for kids and their adult to practice yoga together.

Drumming: Learn to play drums influenced by West African, Afro-Latin and contemporary styles. Class starts with a movement warm up, then use drums, bells, and shakers to learn basic rhythms and play as a group. Drums provided - feel free to bring your own drum or percussion instrument.

Gentle Flow Yoga (8+): Body, mind and soul will align as we move with intention through gentle movement guided by breath. We will incorporate meditation to regulate the nervous system.

Voice/Guitar/Songwriting Lessons Intermediate (15+): Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons. Lessons covered: left and right hand technique, chords, arpeggios, strumming patterns, vocal technique, and songwriting approaches. Bring your own guitar. Pre-registration required.

Guitar Lessons (15+): Join accomplished musician Mauricio Callejas for guitar lessons for beginners (finger placement, strumming, sight-reading) and intermediate (chord progressions, ear training, reading sheet music) students. Please bring your own guitar. Pre-registration required.

Budgeting Workshop: What is your money personality and how does it affect your daily finances? Learn how to track your expenses and create a spending plan to start an emergency fund or prepare for large purchases. Pre-registration required. Facilitated by Business Community Lenders of Texas.

Day of Wellness : Join us for our annual Day of Wellness at our ESB-MACC Healing Garden's new temporary location in the peaceful Sunset Valley Community Garden.

2 hrs FREE garage parking at Central Library



Physical Social Environmental Financial



Emma S. Barrientos
Mexican American
Cultural Center

The Holistic Wellness Program attends to the needs of the total person while remaining rooted in our Latino/Mexican American cultural identities. True wellness is a combination of Physical, Social, Environmental, Financial, Intellectual, Emotional/Mental, Occupational, and Spiritual aspects and, like the diversity of our people, deserves to be nourished and cultivated to enrich individual lives and uplift our community.

Twin Oaks Library
1800 S 5th St
(512) 974-9980

North Village Library
2505 Steck Ave
(512) 974-9960

George Morales Dove Springs Recreation Center
5801 Ainez Dr
(512) 974-3840

Sunset Valley Community Garden
1160 Lone Oak Trail, Sunset Valley

Conley-Guerrero Recreation Center
808 Nile St, Austin
(512) 978-2660

Bartholomew Municipal Pool
1800 E 51st St, Austin
(512) 974-1650

Big Stacy Neighborhood Pool
700 E Live Oak St, Austin
(512) 445-0304

Southeast Library
5803 Nuckols Crossing Rd,
(512) 974-8840

Austin Rowing Club
74 Trinity St
(512) 831-4922

Little Walnut Creek Library
835 W Rundberg Ln
(512) 974-9860

Austin Women's Boxing Club
2919 Menchaca Rd #210
(512) 905-0109

Willie Mae Kirk Library
2220 Barton Springs Rd
(512) 974-9920

Yarborough Library
2200 Hancock Dr, Austin
(512) 974-8820

The City of Austin is committed to compliance with the Americans with Disabilities Act. Reasonable modifications and equal access to communications will be provided upon request. For assistance please contact (512) 974-3772 or Relay Texas 7-1-1.

Learn to Row (18+): Join us on Lady Bird Lake to be introduced to sweep rowing (using one oar) in a training barge. Learn rowing stroke basics, how to stay safe on the water and handle the rowing equipment. Expect a fun, beginner friendly, and lively experience. Pre-registration required.

Beginner Swim Lessons (5-17): Students will become familiar with the aquatic environment and acquire rudimentary aquatic skills to develop positive attitudes and safe practices in and around the water. Two separate concurrent classes available for Adult and Youth (5-17) learners. Pre-registration required.

Community Conversation on Identity through Writing: Cartonera is a social, political and artistic publishing movement that began in Argentina in 2003 and has since spread to countries throughout Latin America. Join us to socialize with guest artists and fellow community members. The artists will guide an interactive workshop to inspire your own cartonera, followed by a community conversation. A light meal will be offered. Event will be held in Spanish with English interpretation services available.

Cine de Oro: Join us for a screening of a film from the golden age of Mexican cinema. Lunch will be served.

Road to Financial Freedom: Gain control of your financial future by chipping away at debt such as credit cards and bills. Pre-registration required. Facilitated by Business Community Lenders of Texas.

Small Business Financial Workshop: Business owners will learn the three most important financial documents; balance sheets, profit and loss statements, and cash flow reports. At the end of the workshop you will be able to prepare or work with a professional to prepare these documents. Pre-registration required. Facilitated by Business Community Lenders of Texas.

Women's Self-Defense Class (18+): In a hands-on environment we will practice using mixed martial arts techniques from Karate, Jiu Jitsu, and more. You will gain a basic understanding of how to defend yourself using your body and tools like a baton, pepper spray, and a tactical flashlight. Pre-registration required.

Home Ownership Workshop: Get started on the journey towards purchasing a home of your own. The first steps are getting your finances and credit score in order - We're here to help you! Facilitated by Business Community Lenders of Texas. Pre-registration required.

Questions or Feedback?
Contact Lorie Martinez at
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austintexas.gov/esbmacc



Intellectual Emotional/ Occupational Spiritual
Mental