

Holistic Wellness Program



Chair Yoga

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



Cooking Demo: Vegan (15+)

Wednesday, January 17, 2024 @ 6-7:30pm
Central Library - Demo Area/Kitchen



Yoga for All Levels

Saturday @ 10:30am
Resumes January 20, 2024
George Morales Dove Springs
Recreation Center



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

Monday @ 4-5pm
Resuming January 22, 2024
Windsor Park Library



Guitar Lessons (15+)

Tuesday @ Twin Oaks Library
Resuming January 23, 2024

- Beginner: 2-2:30pm
- Intermediate: 2:45-3:15pm



Gentle Flow Yoga (8+)

Saturday, January 27, 2024 @ 10:30am
Windsor Park Library



Taller Abierto: Painting/Drawing Workshop (15+)

Saturday, January 27, 2024 @ 2-4pm
Windsor Park Library



FREE!

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

Digital Calendar



Taller Abierto:

Painting/Drawing Workshop (15+)
1st Thursday of each month @ 10-11:30am
Resuming February 2024
George Morales Dove Springs
Recreation Center



Family Yoga

1st Saturday of each month @ 12pm
Resuming February 2024
George Morales Dove Springs
Recreation Center



Drumming Lessons

2nd Saturday of each month @ 3pm
Resuming February 2024
Windsor Park Library



Drumming Lessons

2nd Sunday each month @ 1pm
Resuming February 2024
George Morales Dove Springs
Recreation Center



Taller Abierto:

Painting/Drawing Workshop (15+)
Saturday, February 24, 2024 @ 2-4pm
North Village Library



Cine de Oro

Tuesday, February 27, 2024 @ 9-12pm
Conley-Guerrero Senior Activity Center

Taller Abierto: Painting/Drawing Workshop (15+): Art classes for all levels led by art instructor Miguel Santana. Includes both art history and exploration of different techniques. All materials provided! Pre-registration required.

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.

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.

Gentle Flow Yoga: 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.

2 hrs FREE garage parking at Central Library

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

Windsor Park Branch Library
5833 Westminster Dr
(512) 974-9840

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

Central Library
710 W Cesar Chavez St
(512) 974-7400

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

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

Voice/Guitar/Songwriting Lessons Intermediate (15+): Join award winning song-writer Javier Jara for voice, guitar and songwriting lessons. Skills addressed: left and right hand technique, chords, arpeggios, strumming patterns, vocal technique, and songwriting approaches. Please 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.

Cooking Demo - Vegan: A vegan diet excludes meat, dairy, and all foods derived from animals. You will learn how to make a quick and healthy meal using products found at your local grocery store. Tastings are included! Pre-registration required.

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

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

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.



Physical



Social



Environmental



Financial



Emma S. Barrientos
Mexican American
Cultural Center



Intellectual



Emotional/
Mental



Occupational



Spiritual