

# Holistic Wellness Program



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.

## FREE!

Digital Calendar



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



**All-Levels Yoga**  
Saturdays @ 10:30-11:30am  
Southeast Library



**Nourishing Flow**  
1st Sat of each month @ 1:30-2:30pm  
My Vinyasa Practice- SoCo Studio



**Chair Yoga**  
3rd Wed of each month @ 10am  
Dove Springs Recreation Center



**Chair Yoga**  
3rd Friday of each month @ 10:30am  
Windsor Park Library



**Learn to Row (18+)**  
4th Thursday of each Month @ 6-7:30pm  
Austin Rowing Club



**Slow Flow + Sound Healing**  
4th Sat of each month @ 1:30-2:30pm  
My Vinyasa Practice- Highland Studio



**Taller Abierto: Painting Workshop (15+)**  
Saturday, April 26 @ 2-4pm  
John Gillum Branch Library (North Village)



**Community Drumming**  
4th Saturday of each month @ 3:30pm  
Windsor Park Library



**Women's Circle (16+)**  
Sunday, May 18 @ 6-7pm  
Sunset Valley Community Garden



**Zumba**  
Saturday, May 10 @ 5-6pm  
Corazon Latino Dance Studio



**Cine de Oro**  
Tuesday, Apr 29 & June 24 @ 9-12pm  
Conley Guerrero Senior Activity Center



**Healing Garden Workday**  
Sunday, April 27 @ 9am  
**Inclusive Garden Activity**  
Sunday, April 27 @ 10am  
Sunset Valley Community Garden



**Women's Self Defense**  
Saturday, May 10 @ 2-3:30pm  
Austin Women's Boxing Club



**Tortilla Workshop**  
Sunday, May 11 @ 3-4:30pm  
Veracruz All Natural  
•Session 1: 3-3:30pm  
•Session 2: 4-4:30pm



**Affirmations to Overcoming Perfectionism and navigating Negative Self-Talk (16+)**  
Saturday, May 17 @ 2pm-4pm  
Ruiz Library



**Home Buyer Fair w/BCL of Texas**  
Saturday, May 31 @ 10am - 2pm  
AISD Performing Arts Center



Physical



Social



Environmental



Financial



Intellectual



Emotional/  
Mental



Occupational



Spiritual

**Emma S. Barrientos  
Mexican American Cultural Center**

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**All-Levels Yoga:** Focuses on body awareness, connection with the breath, with gentle movement, and time for meditation and relaxation. The library has mats to share.

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

**Slow Flow + Sound Healing Yoga:** Join us for a serene and rejuvenating yoga experience that combines gentle yoga poses, breathing techniques, and guided relaxation with sound healing bowls to help calm the mind and enhance overall well-being. Great for all levels!

**Nourishing Yoga:** A gentle and restorative yoga class that invites you to reconnect with your body and breath. Through mindful movement, soothing breathwork, and the healing power of sound, we'll cultivate a deep sense of relaxation to support the nervous system in finding balance.

**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.

**Taller Abierto Painting Workshop:** Art classes for all levels. Includes exploration of different techniques. All materials provided! Pre-registration required.

**Community Drumming:** Play drums influenced by West African, Afro-Latin & 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.

**Women's Circle (16+):** Join us to share in plática (heart-centered conversation), self-care practices, and canto (song). This is a time to connect with others, nurture yourself, and refill your cup under the light of the full moon. Pre-registration required.

Southeast Library  
5803 Nuckols Crossing Rd, 78744  
(512) 974-8840

Conley-Guerrero Senior Activity Center  
808 Nile St, Austin, TX 78702  
(512)978-2660

John Gillum Library (North Village)  
2505 Steck Rd. 78757  
(512) 974-9960

Windsor Park Library  
5833 Westminster Dr, 78723  
(512) 974-9840

Ruiz Library  
1600 Grove Blvd 78741  
(512) 974-7500

George Morales Dove Springs  
Recreation Center  
5801 Ainez Dr, 78744  
(512) 974-3840

My Vinyasa Practice- Highland Studio  
109 Jacob Fontaine Ln Suite 800, 78752  
(512) 435-7589

My Vinyasa Practice- SoCo Studio  
8534 S Congress Ave, Building 2, 78745  
(512) 435-7589

Veracruz All Natural  
2505 Webberville Rd, Austin 78702  
(512) 981-1760

Austin Rowing Club  
74 Trinity St, 78701  
(512) 831-4922

Sunset Valley Community Garden  
1160-5998 Lone Oak Trail

Austin Women's Boxing Club  
2919 Menchaca Rd #210, 78704  
(512) 905-0109

Corazon Latino Dance Studio  
6132 W US Hwy 290 Service Rd, 78735  
(512) 326-3000

AISD Performing Arts Center  
1500 Barbara Jordan Boulevard, 78723  
(512) 414-4761

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

**Healing Garden Workday and Inclusive Activity:** Volunteers will work hands-on maintaining the Healing Garden. An inclusive, sensory based garden activity led by Jesus Garcia will follow. Please dress comfortably and appropriately for the weather. Pre-registration required.

**Salsa Basics (15+):** Learn basic steps and body movements that define this popular Latin American dance. No prior experience or partner is needed. Pre-registration requested.

**Zumba (15+):** Bring your mom, mother figure, friend (or yourself) to this high-energy fitness class that combines Latin rhythms and easy-to-follow dance moves! It's a fun and effective way to get a full-body workout, improve your cardiovascular health, and burn calories. Pre-registration requested.

**Tortilla Workshop:** Join us for this all-ages event to learn (or perfect!) your corn tortilla making skills, guided by the wonderful folks of Veracruz All Natural! Light snacks and refreshments will be offered. Pre-registration required.

**Women's Self-Defense (18+):** 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. Pre-registration required.

**Affirmations to Overcoming Perfectionism and navigating Negative Self-Talk (16+):** The founders of Sin Miedo Counseling will guide us in understanding the impact of perfectionism and negative self-talk, using affirmations as tools for healing and self-compassion. Pre-registration required.

**Homebuyer Fair w/BCL of Texas:** Food, Fun & Learn about buying a home! Free to attend and open to all! Co-hosted by BCL of Texas and the Austin Independent School District.

**Questions or Feedback?**  
Contact us at  
[maccwellness@austintexas.gov](mailto:maccwellness@austintexas.gov)  
[austintexas.gov/esbmacc](http://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.