

Holistic Wellness Program



-  **All-Levels Yoga**
Saturdays @ 10:30-11:30am
(March 8 & 15 is Canceled)
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+)**
4th Sat of each month @ 2-4pm
John Gillum Branch Library (North Village)
-  **Community Drumming**
4th Sat of each month @ 3:30pm Windsor
Park Library
-  **Genealogy 101 (15+)**
Saturday, March 8 @ 1-3pm
George Washington Carver Genealogy
Center
-  **Women's Circle (16+)**
Sunday, Mar 16, Apr 13 & May 11
3:30-5pm
Sunset Valley Community Garden
-  **4th Annual Day of Wellness**
Sunday, March 23rd @ 8am-12:30pm
Sunset Valley Community Garden

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**

-  **Bilingual Yoga + Sound w/ Castle Hill Fitness**
Monday, March 31 @ 6-7pm
Waterloo Greenway- Moody Theatre
-  **Salsa Basics**
Saturday, April 12 @ 5-6pm
-  **Zumba**
Saturday, May 10 @ 5-6pm
Corazon Latino Dance Studio
-  **Road to Financial Freedom Workshop**
Wednesday, April 16 @ 6-7:30pm
Little Walnut Creek Library
-  **Healing Garden Workday**
Sunday, April 27 @ 9am
-  **Inclusive Garden Activity @ 10am**
Sunset Valley Community Garden
-  **Cine de Oro**
Tuesday, Apr 29 & June 24 @ 9-12pm
Conley Guerrero Senior Activity Center
-  **Women's Self Defense**
Saturday, May 10 @ 2-3:30pm
Austin Women's Boxing Club
-  **Tortilla Workshop**
Sunday, May 11 @ 3pm-4:30pm
Veracruz All Natural
-  **Affirmations to Overcome Perfectionism & Navigate Negative Self-Talk (16+)**
Saturday, May 17 @ 2-4pm
Ruiz Library
-  **Home Buyer Fair w/BCL of Texas**
Saturday, May 31 @ 10am-2pm
AISD Performing Arts Center
-  **Salsa & Bachata Basics**
Thursdays in June @ 6:30-7:30pm
Pan Am Recreation Center
-  **Beginner Swim Lessons**
Tues & Thurs June 10-July 3 @ 6-6:40pm
Mabel Davis Municipal Pool
-  **Beginner Swim Lessons**
Mon & Wed July 7-30 @ 6-6:40pm
Colony Park Pool

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.

Beginner Swim Lessons (5+): Students will become familiar with the aquatic environment and acquire rudimentary 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.

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 experience. Pre-registration required.

Taller Abierto Painting Workshop (15+): 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.

Bilingual Yoga + Sound w/ Castle Hill Fitness: Melt away stress and tension with Isabel Beltran Sabel. This class combines gentle yoga poses, breathing techniques & guided relaxation w/ sound healing to help calm the mind & enhance overall well-being. Bring a yoga mat

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.

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

Waterloo Park-Moody Amphitheater
 1401 Trinity St, 78701

Veracruz All Natural
 2505 Webberville Rd 78702

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

My Vinyasa Practice- SoCo Studio
 8534 S Congress Ave, Building 2, 78745
 Little Walnut Creek Library
 835 W Rundberg Ln, 78758
 (512) 974-9860

Pan Am Recreation Center
 2100 E 3rd St, 78702
 (512) 978-2425
 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

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

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

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

Genealogy 101 (15+): Participants will learn that the journey into their ancestral past starts with them. Tools to assist will be presented and will help with how to record, where to do research, and tips on organizing research. After the presentation, participants will get hands-on-experience by using the on-site computers to log into Family Search, or bring your own laptop. Pre-registration requested.

Affirmations to Overcome Perfectionism & Navigate Negative Self-Talk: 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 by Wed, May 7.

Homebuyer Fair: Learn how to become a homeowner, meet lenders & realtors, and get information about down payment programs. Enjoy workshops, refreshments, kids activities & prizes!

4th Annual Day of Wellness: Join us for a morning full of activities for all ages: birdwatching, gardening, yoga & meditation, cooking demo, arts and crafts activities, music and more. Pre-registration requested by Mon, March 17.

Road to Financial Freedom: Gain control of your financial future by chipping away at debt such as credit cards and bills. Facilitated by Business Community Lenders of Texas. Pre-registration requested by Mon, April 14.

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 & Bachata Basics (15+): Learn basic steps and body movements that define these popular Latin American dances. 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. 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.



Emma S. Barrientos
 Mexican American Cultural Center

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.