



Emma S. Barrientos
Mexican American Cultural Center

February-March 2025

Holistic Wellness Program

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.

Drumming Lessons: 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.

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.

Voice/Guitar/Songwriting Lessons: 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 requested by January 24.

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

Yarborough Library
2200 Hancock Dr, 78756
512 974-8820

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

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

George Washington Carver Museum
1165 Angelina St, 78702
(512) 974-4926

George Washington Carver Genealogy Center
1165 Angelina St, 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
(512) 435-7589

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

Hardie Alcozer Law Firm
1501 S. MoPac Expy Suite 150, 78746
(512) 374-4922

The Center for Arts+ Healing
10202 Wommack Rd, 78748

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

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

Central Texas Food Bank
6132 W US Hwy 290 Service Rd, 78735
(512) 326-3000

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

austintexas.gov/esbmacc

Guitar Lessons: 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 requested by January 24.

Will Clinic: Our goal is to help community members create basic wills, ensuring their wishes are legally documented and their families are protected. We want to help individuals gain peace of mind about their estate planning. Pre-registration required by January 24.

Film Screening- A Most Beautiful Thing: The film chronicles the first African American high school rowing team in this country (made up of young men, many of whom were in rival gangs from the West Side of Chicago), all coming together to row in the same boat. An amazing story. Based on the memoir by Arshay Cooper.

Salsa Basics and Social: Learn basic steps and body movements that define this popular Latin American dance. No prior experience or partner is needed. Refreshments will follow. Pre-registration requested by Wed, Feb 5.

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. Facilitated by Business Community Lenders of Texas. Pre-registration requested by Thurs, February 6.

Volunteer Appreciation Celebration: Reception event to honor and recognize our ESB-MACC Volunteers who help make our events successful! Folks interested in volunteering are also invited to attend - we will be sharing upcoming opportunities.

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

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Genealogy 101: Participants will learn that the journey into their ancestral past starts with them. Tools to assist them in this journey will be presented. These tools will help with what and how to record; how and where to do research; and tips on organizing their research. After the presentation, participants will get hands-on-experience by using the on-site computers to log into FamilySearch. Pre-registration requested.

4th Annual Day of Wellness: We'll have a full morning of family-friendly activities: birdwork and gardening, yoga & meditation, cooking demo, arts and crafts activities, music and more. Pre-registration required.



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The City of Austin is committed to compliance with Title II of the Americans with Disabilities Act. If you require modifications and equal access to communication services, please contact (512) 478-6242.