

Friday, November 8, 2019

## Adult Somatics Class with Austin Selden

Company: Dancewave  
Venue: Dancewave  
Location: Brooklyn, NY

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### Adult Somatics with Austin Selden

Hit the reset button: Start the weekend off with restorative movement by dance practitioners who join their creative process with a range of somatic modalities. The perfect warm-up for our afternoon Master Classes if you're interested in both! This class with Austin Selden will combine multiple modalities to address the questions, postures, and injuries in the room. Our goal is to find rest and efficient function in our bodies.

Austin Selden is a massage therapist, pilates instructor, dancer, and has taken courses in other somatic practices.

Cost: \$16

Time: 10:00-11:30am

Dancewave  
182 4th Avenue  
Brooklyn, NY, 11217  
7185224696

Schedule  
November 8, 2019: 10:00am

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