

August, 8-12, 2016

## MELT: Technique with Hristoula Harakas

Company: Movement Research

Venue: Danspace Project

Location: NYC, NY

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Thomas Poravas

Hristoula Harakas

August 8-12

Mon Tue Wed Thu Fri

1 - 3 pm \$125

Danspace Project

### MELT: Technique with Hristoula Harakas

Class with a desire to promote spatial and corporeal awareness through clarity and precision. Inviting ourselves to observe, welcome, enhance, abandon and rediscover movement patterns, qualities, focal points, personal habits and preferences in order to stay alert in the present moment. By using walking as a physical neutralizer and awareness stimulator, through a gentle warm up of set exercises, we will transition to a pre-conceived phrase to share experiences while encouraging individuality.

[Register here.](#)

Movement Research  
131 E 10th St.  
NYC, NY, 10003  
\$125

Schedule  
August 8, 2016: 1:00pm  
August 9, 2016: 1:00pm  
August 10, 2016: 1:00pm  
August 11, 2016: 1:00pm  
August 12, 2016: 1:00pm

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