

May, 2-11, 2017

## Morning Class with Hristoula Harakas

Company: Movement Research  
Location: New York, NY

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Maria Hassabi

[Morning Class](#) with Hristoula Harakas

May 2-11

T Th 10am-12pm

MR@Danspace Project

131 E 10th St.

This class will dedicate itself to spatial and corporeal awareness through clarity and precision. Inviting ourselves to observe, enhance, abandon and rediscover movement patterns, qualities and focal points in order to stay alert in the present moment. Through a gentle warm-up, we will transition to a pre-conceived phrase encouraging individuality.

[Hristoula Harakas](#) is a contemporary dance artist based in New York. She is a 2006 "Bessie" performance award recipient who has had the pleasure of working with such inspiring artists as: Maria Hassabi, Donna Uchizono, Jodi Melnick, Mikhail Baryshnikov, Judith Sánchez Ruiz, chameckilerner, Levi Gonzalez, Amanda Loulaki, Jeremy Nelson and Luis Lara Malvacías. Hristoula is a Senior Pilates Instructor at BodyTonic and was a regular faculty member of the Merce Cunningham Studio (2002-12).

Movement Research  
131 E 10th St  
New York, NY, 10003  
<https://movementresearch.org/event/4771>

Schedule  
March 1, 2017: 8:00pm

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