

# Dance and it's place in Epicureanism?

**Post by “smoothiekiwi” of January 8, 2022 at 4:47 AM**

Hm, I'm not sure that Epicurus would necessarily approve "formal" dancing, like waltzer. I think that for him, it would very strongly depend on the context. If you're in a group of people you like, and the music is more or less good- great, enjoy it. There's nothing advising against such an event.

But there are some formal settings where the aspect of pleasure isn't the main goal of the event, it might be wise to consider if you really want to attend. If you've to dance with a person you don't really like, to a time where you would love to be at home and watch Netflix, then the whole event can be really unpleasurable, because you simply want to leave.

Dancing "with"/"to" yourself, in the contrary, is most certainly pleasurable, because you can select your own music, dancing style etc. I think that would fall under the category of "natural", but "non-necessary", and thus- when employed in moderation-, it can make your life a whole lot pleasurable.

So go for it, I guess.