

# Dance and it's place in Epicureanism?

**Post by “Matt” of January 8, 2022 at 7:08 AM**

I get the sense ecstatic dancing (from the video I watched) is akin to many practices that are “personal” preferences that bring about pleasure. Like doing yoga, meditation, a sport etc.

I don't know if historical Epicureans danced regularly, but since dance is a huge part of many cultural gatherings, I can't imagine it wouldn't have been an accepted

practice. But especially now, doing what gives you pleasure is 100% an accepted practice, so I'd say...dance on.