

# Health Benefits of Dancing

**Post by “Don” of February 20, 2025 at 7:51 PM**

Thanks for the reminder [Kalosyni](#) I've always liked that saying:

52. Friendship dances around the world, announcing to each of us that we must awaken to happiness.

ἡ φιλία περιχορεύει τὴν οἰκουμένην κηρύττουσα δὴ πᾶσιν ἡμῖν ἐγείρεσθαι ἐπὶ τὸν μακαρισμόν.

The key term is περιχορεύει (perikhoreuei) that literally refers to dancing a round in a chorus.