

Health Benefits of Dancing

Post by “Kalosyni” of February 21, 2025 at 6:02 PM

Also the Kalamatianos:

Quote

The **Kalamatianós** ([Modern Greek](#) Συρτός Καλαματιανός *Syrtós Kalamatianós*, but usually only called Καλαματιανός *Kalamatianós*) is one of the best-known dances of [Greece](#). It is a popular [Greek folk dance](#) throughout [Greece](#), [Cyprus](#) and internationally and is often performed at many social gatherings worldwide. As is the case with most Greek folk dances, it is [danced in chain](#) with a counterclockwise rotation, the dancers holding hands.

...

.....

The roots of the Kalamatianos can be found in [antiquity](#). [Homer](#), in the *Iliad*, describes three performances made around the spear of [Achilles](#) that depict a dance in an open circle. The ancient [Spartans](#) had a dance called ὄρμος *hórmos*, which was a syrto-style dance described in detail by [Xenophon](#) where a woman led a male into dance using a handkerchief. [Lucian](#) states that the *hórmos* dance was performed in an open circle and was done by young men and women. The men would dance vigorously while the women danced with modest movements.^[1]

In the 19th century, this dance was called Συρτός ὁ Πελοποννήσιος *Syrtós ho Peloponnésios*. It is believed to have acquired the name *kalamatianos* from the town of [Kalamata](#) in southern Greece; most Greek dances are commonly named after the villages or areas from which they are considered to have originated.^[2]

Kalamatiano songs are many and popular - some of the more traditional kalamatiano songs are [Samiotissa](#) (The girl from [Samos](#)), *Mandili Kalamatiano* (Kerchief from [Kalamata](#)), *Milo Mou Kokkino* (My Red Apple), *To Papaki* (The Duckling), *Mou Pariggile To Aidoni* (The Nightingale sent me a message), *Ola Ta Poulakia* (All Birds), *Palamakia* (Clapping) and more. An especially haunting example of the kalamatianos, *Mekapses Yitonissa* (Μέκαψες Γελτόνισσα), was recorded for the [National Geographic Society's](#) groundbreaking *Music of Greece* album, released in 1968.

Display More

[Source](#)