

Health Benefits of Dancing

Post by “Kalosyni” of February 25, 2025 at 10:56 AM

I am not of Greek origin, however I've found some fun YouTube videos on how to dance the Kalamatianós.

Here are two videos for learning the dance:

<https://m.youtube.com/watch?v=6KiZDFcW4ul>

<https://m.youtube.com/watch?v=ryWGbu7Ubr8>