

# Health Benefits of Dancing

**Post by "AxA" of February 25, 2025 at 12:09 PM**

When I think Greek dance I always think of the sirtaki dance from Zorba.

Zorba was not great at managing his desires and household business, but he certainly knew how to enjoy the moment!

A valuable teacher for a stuffy stoic English intellectual like Basil!

<https://www.youtube.com/watch?v=BS0w3Wkric8>