

Health Benefits of Dancing

Post by “Kalosyni” of February 25, 2025 at 6:30 PM

Here is a Youtube of the Kalamatianos dance being done in a circle. I am thinking that this would be fun to do at an in-person Twentieth, after a potluck 😊).

<https://m.youtube.com/watch?v=AXNF0cP7PcA>