

# Health Benefits of Dancing

**Post by “Kalosyni” of March 27, 2025 at 7:48 PM**

In this video, you can see the kalamatianos for a brief segment starting at 2:40 ...(word of caution that the music is a bit somber).

<https://m.youtube.com/watch?v=6OwWkbK5tZw>