

Health Benefits of Dancing

Post by “Kalosyni” of February 20, 2025 at 7:29 PM

Vatican Saying 52 mentions dance (friendship dances around the world)...

I just found this is a good article, about the health benefits:
<https://welldoing.org/article/dancin...tes-vagus-nerve>

Post by “Don” of February 20, 2025 at 7:51 PM

Thanks for the reminder [Kalosyni](#) I've always liked that saying:

52. Friendship dances around the world, announcing to each of us that we must awaken to happiness.

ἡ φιλία περιχορεύει τὴν οἰκουμένην κηρύττουσα δὴ πᾶσιν ἡμῖν ἐγείρεσθαι ἐπὶ τὸν μακαρισμόν.

The key term is περιχορεύει (perikhoreuei) that literally refers to dancing a round in a chorus.

Post by “Kalosyni” of February 21, 2025 at 5:53 PM

About the Greek dance "Syrto":

Quote

Syrtó (pronounced seer-TOH). The name translates literally as “to pull”, but more accurately as “to lead”. It’s considered the most ancient of Greek dances, going back possibly 2500 years. **Syrtó** is at its heart simply walking to a slow, quick quick rhythm. If a slow step is two beats long, and a quick step is one beat, then Slow, Quick Quick, (or S,Q,Q,) would be 4 beats (2+1+1). One **Syrtó** dance is 4 sets of S,Q,Q, 12 steps (16 beats) in total.

[Source](#)

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.

...

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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 Γειτόνισσα), was recorded for the [National Geographic Society's](#) groundbreaking *Music of Greece* album, released in 1968.

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[Source](#)

Post by “AxA” of February 23, 2025 at 3:53 PM

I feel dancing has many parallels with laughter as a direct and undeniable physical pleasure. It has a conditioning effect, keeping the body (and thereby mind too) loose and fresh.

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>

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>

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>

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>

Post by “Kalosyni” of April 7, 2025 at 6:37 PM

Three more videos for learning Greek dance:

This one would be fun to do on a Twentieth:

<https://m.youtube.com/watch?v=y5RjiGjvQYQ&pp>

...and this one has a turn added in!

https://m.youtube.com/watch?v=NLIMtwpcX_I

And for the dancers who want learn the Zorba dance:

<https://m.youtube.com/watch?v=YHE5cvR5A1E>