

Benefits of Ballroom Dance

Speakers:

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What do you think of when you hear the words *Ballroom Dance*?

4 Points of Happiness

Physical – To drastically improve your physical happiness, *keep your body moving!!*

- Dance is one of the best forms exercise and physical fitness.
- The core is used to create power to move.
- Arm styling and foot to floor connection for balance.
- Posture to stretch the body prevent injuries.

Mental – By keeping your body moving you relieve stress, develop will power when learning, and become limitless by challenging yourself – I can do more (came in for Salsa, liked Cha Cha and challenged yourself to do more).

Emotional – We are confident when we are knowledgeable.

- Grace and poise: positive feeling when seeing couples dance, children dance, older people dancing at 90 years of age, make your partner happy.

Social – Ballroom dance can be done solo or with a partner.

- It encourages etiquette, the use of manners, the importance of hygiene, and effective communication skills.
- Overcome shyness, meet people and make new friends, touch and gratitude, social ease.

Jane Magonigal – TED Talks

**Dance is a universal language. The fastest and most efficient way to learn a new language is to immerse yourself in it. Find a ballroom dance class near you, solo or with a partner, and explore what the benefits of ballroom dance can do for you.*