

Dance has been scientifically proven to reduce levels of cortisol caused by chronic stress. It also causes the brain to release dopamine — a natural mood booster, and endorphins — a natural painkiller. So, although it may seem counter intuitive, this kind of exercise may help you relax, with the release of endorphins, leading to feelings of pleasure and a "dancer's high".

Dancing to music, especially when in tune with the rhythm, amplifies the positive effects on the brain's pleasure centers, creating a "neurochemical symphony" that further boosts mood.

Dancing in a group leverages the combined effects of synchronized, exertive movement and social interaction to stimulate endorphin production, which strengthens social bonds and improves overall mental and emotional health.