

## 1. Improved Posture

When you dance, you have to maintain correct posture. Thus, it helps in working the muscles associated with posture. You have to retain your stance even when you stop dancing. So the more you dance, the better your posture will become with time. This will help prevent future problems, especially related to your back and neck.

## 2. An Opportunity for Self Expression

Dancing is also a great way to express your feelings. It allows you to let your held-up emotions find their way out through bodily movements.

All that pent up emotion can be harmful to your mental and physical health. Dancing helps you to develop expressive qualities that help you become better and more effective communicator in your life.

## 3. More Laughter, More Smiling

When dancing, you cannot help not laughing and smiling. It comes naturally, as dance is all about having fun. You may have any reason to laugh – It is a freeing experience that helps you feel better and leaves you rejuvenated.

People who dance regularly report that smiling comes naturally to them. When you move in a rhythm, your body enjoys it. It will also make you feel happier.

## 4. Boost your Self-Confidence

Dancing can also help you feel more self-confident. It helps create a natural rhythm between your mind and body movements. Dance enthusiasts claim that it can help you learn a lot of new things about yourself that you never knew before. It is this self-realization that helps in improving your self-confidence and making you feel better about yourself.

## 5. Feel More Relaxed

Dancing can also help you feel relaxed. Even if you dance for half an hour every day, it gives you a healthy escape from your hectic lifestyle. Besides making you feel relaxed, it also gives you the opportunity to focus on yourself.

Regular dancing can also help in building strength. Almost all kinds of dances exercise your body in one way or the other. They help tone your entire body muscles and help build strength. There are so many ways dancing lessons can improve your life.