

Improve your life, relationship and health through ballroom dancing

The metaphor of dance is common in couple therapy - couples participate in a dance of give and take, distance and closeness, fighting and making up. Sometimes, couples make missteps and find they cannot hear the music that played in earlier days of their relationship. One way that couples try to fix their footwork is by going to couple's therapy.

Many couple's therapists recommend that their clients set aside quality time for one another, often assigning "date nights" as homework. Some couples struggle to find the time for each other. Others have a hard time deciding on an activity to do together.

Why not take ballroom dance lessons?

Engaging in an exciting activity like ballroom dancing can enhance the quality of a couple's relationship.

Ballroom dancing can help couples improve their communication skills and feelings of trust and intimacy. Because couples must work together to learn the steps, ballroom dancing is a great way to practice problem-solving and listening skills that are learned in therapy.

Couples who have benefitted from ballroom dance include those struggling with emotional distance, lack of intimacy, and even infertility. However, there are many more potential benefits to taking dance lessons together.

Research has shown that ballroom dance can be beneficial for a variety of physical and emotional issues, such as depression, being overweight, diabetes, heart failure, and Parkinson's disease.

Ballroom dancing can be beneficial for couples of all ages. Research shows that older couples experience additional benefits from dancing, such as improved balance, greater sense of autonomy, and decreased depression.

The professional dance instructors at Arthur Murray Grande Ballroom of Greenwich have years of experience working with couples and have seen the effects of the benefits of dance:

- Weight loss and exercise that's FUN!!
- Relief from every day stresses
- Increased energy
- More enjoyment from social events, weddings, cruises, parties and fundraisers
- Keeps the heart in shape
- Great for a date night

Start your date night tonight!

Testimonials

"You saved our marriage!"

"This is the best date night!"

"Excellent way to reconnect considering today's busy schedules!"

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