



Arthur Murray Crows Nest Welcomes Dancers Back to the Dance Floor

October 19, 2021

October 19, 2021 - PRESSADVANTAGE -

Sydney - Arthur Murray Crows Nest have reopened their doors as per the NSW guidelines and are ready to welcome dancers on the dance floor once again.

Arthur Murray Crows Nest is one of the founding studios for Arthur Murray in Australia, being established in 1968 by the Australasian Chairman Nicholas Romano. They have been teaching the Lower and Upper North Shore of Sydney how to dance for over 50 years. They offer classes in a wide range of dance forms, including: Ballroom, Latin, Waltz, Tango, Salsa, Swing, Rumba, Mambo and much more.

Throughout its long history, dance has offered a multitude of benefits to both physical and mental health. The topic of mental health has been especially relevant in current times, as the world deals with the ongoing COVID-19 pandemic and the mental health crisis which many people are facing due to repeated lockdowns, loss of employment and being apart from loved ones. As NSW starts to open up again after over 100 days in lockdown, people are eager to return to their regular routines and experience new things.

Dance classes are a great way to shake off all the heavy emotion from the past year and a half, and have some fun.

Some of the many proven benefits of dance include improved posture and flexibility, increased energy levels, improved muscular strength and motor fitness, improved muscle tone, better coordination and agility, increased confidence and self-esteem, improved mood, and reduced stress and anxiety levels. Dancing is also a great way to make new friends and to feel part of a community.

Researchers have stated that mood-improving chemicals are released within the body when a person is dancing. According to The Arts in Psychotherapy, when unleashed, these chemicals help improve a person's mental state. A study carried out by the University of Hertfordshire Psychology Professor Peter Lovatt showed that the happiness levels experienced while dancing are still increased one week after the last dance.

As October is also Mental Health Month, there is no better time to take care of one's self and one's mental health. People are encouraged to put themselves first and do something that makes them feel good.

Arthur Murray Crows Nest is open for lessons from Monday to Friday (2pm-10pm) and on Saturdays (10am-2pm). They welcome singles and couples, beginner dancers and people who have been dancing for years. To find out more information, please visit their website: <https://www.arthurmurraycrowsnest.com.au/> or contact them on (02) 9439 2061.

###

For more information about Arthur Murray Crows Nest, contact the company here: Arthur Murray Crows Nest Joanne Middonte 0294392061 joanne.middonte@gmail.com 104/10-12 Clarke St, Crows Nest, NSW - 2065

Arthur Murray Crows Nest

The Crows Nest Studio is one of the founding studios for Arthur Murray in Australia. The Studio has been teaching the lower and upper North Shore of Sydney how to dance for the last 50 years.

Website: <https://www.arthurmurraycrowsnest.com.au/>

Email: joanne.middonte@gmail.com

Phone: 0294392061



Powered by PressAdvantage.com