

IMPORTANCE OF MUSIC AND DANCE **BE HAPPY! BE HEALTHY! BE SUCCESSFUL!**

1. Music and dance increase intelligence.
2. Music and dance are great stress removers.
3. Music improves the ability of higher-level thinking.
4. The discipline of music and dance brings discipline to life.
5. Music and dance give great self-satisfaction and self confidence.
6. Music and dance bring name, fame and riches i.e. success in life.
7. Music and dance have social, emotional, and spiritual benefits and give happiness to life.
8. Music develops abstract reasoning necessary for academic success and mathematics and science.
9. Music and Dance can transport their practitioners and audience to a state of bliss akin to Union with God or Nirvana.
10. Dance has great health benefits. Dance builds endurance and stamina, releases toxins through sweating, may lower blood pressure and improve cholesterol levels and reduce heart rate and also help in weight loss.