

## resident business beat



# KB's Center Of Dance And Movement

Kara Cookinham, Owner/Director  
Dance/Movement/Fitness/Yoga Studio  
97 Lafayette Rd #8, Hampton Falls, NH 03844  
www.kbdance.net



### Given your business expertise and the nature of what you do, what advice can you offer to the residents of your community?

Come take class! Dance/movement isn't just good for your health; it is beneficial for so many reasons. It decreases stress and anxiety. It teaches discipline, increases self-esteem, and is great for memory and brain function. Anyone can dance and KBCDM offers beginner classes through advanced. It is never too late to start moving and enjoying yourself while you do it!

**How did you decide on this industry?** I participated in gymnastics and all types of dance throughout childhood. I was a dance major in college and received both my Associate of Arts and Bachelor of Science degrees in dance. I also auditioned and received training from Alvin Ailey American Dance Center in NYC. After teaching for several dance schools and directing a Day Habilitation Program for adults with developmental disabilities, I took some time off to take care of my ill mother and have children. I really took time to focus on my family. During that time, I decided I would move forward and do what I have always loved. This summer I continued my training by becoming a yoga teacher. Education is really important and I strive to work hard and learn as much as I can. I hope to pass on my love for education and dance to my students.

**Where did you grow up?** Tell us about your family. I grew up in Newburyport, MA, with a single mother. She worked really hard

to give us all we needed. She was my biggest supporter and I get my motivation and empathy from her. The KB in the name of the studio is after her, Kathy Brislin. I live in Hampton Falls now with my husband Chris, three-year-old son Evan, 19-month-old daughter Holly and three dogs.

**What are your hobbies/interests?** I love spending time with my family, friends, traveling, being outdoors, shopping, yoga, and dancing, of course.



**How many people does the company employ?** There are five teachers plus myself. I manage the studio as well as teach several classes and children's camps.

**How long has it been in business?** We opened in July!

**What prompted you to start your own business?** I have wanted to have my own dance studio since I was a child but after my mother passed away two years ago, I decided it was time to move forward with my dream. I learned that life is too short and we should do what makes us happy.

**Describe what your company does:** KBCDM is a dance/movement studio that focuses on teaching children and adults of all different ages and abilities. There are three different programs offered including: children, adult, and specialty.

Our children's program offers a fun and technical program for ages 6 months to 18 years old with a variety of classes based on age and ability. The school year culminates with a year-end show displaying what children have learned throughout the year.

The adults program is for a student who wants to continue their training from childhood or someone who is looking to stay fit by participating in an array of movement/dance classes.

Our specialty program is focused on delivering a customized curriculum to individuals with specific needs. e.g. An individual may need an adaptive device due to a cognitive or physical disability to participate in a movement oriented class.

KBCDM offers a technical and fun learning environment with performing opportunities available. Our teachers have extensive knowledge in their disciplines and have years of education and experience. Most importantly, they have a love for what they do.

Current offerings include: baby & me, creative movement, pre-ballet, ballet, jazz, tap, modern, hip hop, yoga, yoga with oils, and Zumba classes.

**Anything extraordinary/unique that your company does?** For years I worked with individuals with developmental disabilities and I always wanted to create a movement program for children and adults that catered to their needs and abilities. Our specialty program does just that. We are starting by offering yoga this summer. Whether in a chair, wheelchair or mat on the floor, all will benefit from their own personal practice. People with developmental disabilities have naturally high stress and a predisposition for heart disease. Yoga counteracts the effects of a sedentary lifestyle. It brings an hour of quiet and calm where students can focus on themselves in a nurturing environment.

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SEPTEMBER 2016

# Hampton Falls *Living*

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