



NCAR Sensei Network
Sensei Profile

Name:	Laurel Fooks
Chapter/State/Time Zone:	St. Petersburg, FL ET
School/Rank:	Banmi Shofu Ryu, Level 2, 3 rd Grade
Email:	laurelfooks@yahoo.com
Virtual/In-person/Both:	In-person
Travel for Demos and Workshops (Y/N):	
Kid/Youth programs (Y/N):	
Additional Language:	
Social Media/Website(optional):	https://ikebanabanmishofu.com/
Video example (optional):	
Meet & Greet (Y/N)*(optional):	
Recommended especially virtual sensei	
Mentoring(Y/N):	
Primarily for helping new virtual sensei	

*Are you willing to set up a time for a prospective student to meet with you via phone, Facetime, Zoom.