



NCAR Sensei Network
Sensei Profile

Name:	Helena Arouca
Chapter/State/Time Zone:	D.C. #1 ET
School/Rank:	Sangetsu
Email:	copodleite@icloud.com
Virtual/In-person/Both:	In Person
Travel for Demos and Workshops (Y/N):	Y
Kid/Youth programs (Y/N):	N
Additional Language:	Portuguese
Social Media/Website(optional):	N
Video example (optional):	Not yet
Meet & Greet (Y/N)*(optional):	Y
Recommended especially virtual sensei	
Mentoring(Y/N):	Y
Primarily for helping new virtual sensei	
	Tell us something about your training or your teaching.

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