



NCAR Sensei Network  
Sensei Profile

Name:	Marjorie Bauman
Chapter/State/Time Zone:	Chapter 1, Washington, DC, EST
School/Rank:	Sogetsu, Third Grade
Email:	<a href="mailto:mbaumanlpc@verizon.net">mbaumanlpc@verizon.net</a>
Virtual/In-person/Both:	In-person/Virtual demonstrations
Travel for Demos and Workshops (Y/N):	Y
Kid/Youth programs (Y/N):	Y, Especially interested in teen programs
Additional Language:	N
Social Media/Website(optional):	N
Video example (optional):	<a href="https://www.youtube.com/watch?v=COI9Pmu-rao">https://www.youtube.com/watch?v=COI9Pmu-rao</a>
Meet & Greet (Y/N)*(optional): Recommended especially virtual sensei	Y
Mentoring(Y/N): Primarily for helping new virtual sensei	Y Especially for virtual demonstrations
	<p>Drawing on her nine years of Sogetsu training in the art of contemporary Japanese flower arranging as well as, her background as a psychotherapist emphasizing “living in the moment” through Mindfulness, Marjorie provides unique monthly Ikebana classes integrating her two passions. Ninety minute classes are designed for new and continuing students and include a demonstration of a Sogetsu lesson and Mindfulness breathing exercises to enhance the Ikebana experience. In addition, each student designs an Ikebana arrangement which Marjorie gently critiques to guide her students to learn both the basics and the finesse of Sogetsu.</p> <div style="text-align: right;">  </div>

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