

YOSHIMI ARAI CV

EDUCATOR

PROFILE

A passionate educator with myriad expertise, most prominently in Japanese language & culture, including cooking, art, and calligraphy, as well as physical fitness. No student is too young or old to share the joy of learning with me.

TEACHING EXPERIENCE

1996-1998 Cooking assistant to nationally acclaimed chef and cooking instructor Tokiko Suzuki

2000-present Private Japanese Language teacher for more than 70 students aged 4 through 75 and proficiency level ranging from beginner to N1 (near native fluency) level. 12 hours per week average

2001-present Workshop facilitator of Japanese cooking, calligraphy, and art. Workshops are hosted throughout Westchester, including at Lerman College, Sarah Lawrence College, the Hammond Museum & Japanese Stroll Garden, and over 10 public libraries in Westchester County

2001-present Founder of Magokoro New York. Original artwork featuring Yuzen Washi (mulberry paper).

2008-present Japanese language tutor and guest faculty at Sarah Lawrence College

2008-2017 Private flute teacher

2015-present Zumba exercise instructor at Fort Fitness, Fort. Montgomery, NY.

2016-present Aquatic exercise instructor at Premier Athletic Club, Montrose, NY.

2020-present Founder and the lead instructor of the original online exercise: “Rejuvex” *see attached

2022-2024 Japanese language guest teacher for the Beginning Japanese at Sarah Lawrence College, Bronxville, NY

2024-present Aqua exercise instructor at Broadview Senior Living in Purchase, NY. In-person Chair exercise “Rejuvex” instructor at Harbor Square in Ossining, NY

2024-present Zumba exercise instructor at New York Medical College in Valhalla, NY

EDUCATION

1981 Bachelor of Arts in Child Studies from the Faculty of Human Science and Design at Japan Women’s University in Tokyo, Japan

CERTIFICATIONS

1985-1986 Japanese Language teaching certification from the Aoyama Language School in Tokyo, Japan

2015 Certified Zumba, Zumba Gold, Aqua Zumba, and Zumba Toning Instructor by Zumba Fitness

2016 Certified Aqua Exercise Instructor by the Aquatic Exercise Association

PUBLICATIONS AND MEDIA

2016 Translator for the documentary film “Sense the Wind” www.sensethewind.com

2008-2018 Contributing writer for the bi-monthly international cultural exchange magazine “You-You” in Osaka, Japan

LEADERSHIP

2008-present Chairman of the NY Alumnae division of Japan Women’s University, Tokyo

2010-present Board member and treasurer of the Croton Council on the Arts

2001-present Member of Croton Artisans Holiday Boutique