Oriental Flower Arranging
R F 86

Overview, understanding and appreciation of oriental style flower arrangement, known generally as Ikebana. Emphasis on principles of designs, experimentation, technique, exploration, and critique intended to develop creativity and manipulative ability. CSU

What is Ikebana?
While a painting is an expression of art drawn on a canvas with a brush, Ikebana is an expression in three dimensions composed of plant materials arranged in a vase.

It's a way of life, an artistic way to enrich the concept of your environment with the help of the glories of plant life.

You can practice Ikebana anywhere and anytime, with materials available wherever you might live.

There are virtually innumerable schools of Ikebana in Japan. Of them all, Sogetsu, we are convinced, is the most creative and the best known around the world.

Soho Sakai, AIFD, RIJI
Soho Sakai, a native of Japan, began practicing the ancient Japanese art and discipline of Ikebana in 1957 in Kumamoto, Japan. She received her teacher’s Diploma from the Sogetsu School of Ikebana in 1961, just prior to coming to the United States.

Soho attended the University of California Extension at Berkeley in 1975 to obtain an adult education teaching credential. In addition to a lifetime California Adult School teaching credential in 1976, and a California Community College teaching credential in 1980, she holds the prestigious title of RIJI, the highest teaching rank of the Sogetsu School of Ikebana. She is also a member of the internationally renowned American Institute of Floral Designers (AIFD). In March 2004, she received the prestigious award “SOGETSU SHO” from Headmistress Akane Teshigahara, Sogetsu School, Tokyo, Japan.

A much loved and respected teacher, she has taught in the Bay Area since 1974 and has a large and devoted following of students. Presently, she teaches at City College of San Francisco, Albany Community Center, Orinda Community Center, and San Rafael Community Center, as well as private lessons at her residence and other locations. Her student enrollment numbers over two hundred. Seventy five of her students hold Sogetsu Teacher’s Certificates. Many students who have studied with Soho now reside in various parts of the United States and the world.

Soho bases her teacher–student relationship on friendship first, followed by appreciation, cooperation, and mutual understanding of Ikebana. She creates a relaxed atmosphere in her class and thus gently encourages each student to express their unique, personal, and often hidden, artistic vision. Through her deep affection and respect for flowers and plants, she strives to reveal the beauty, dignity, and human essence of Ikebana.

She is also in high demand as a demonstrator and floral designer for weddings and other special events. Because of her exciting expertise, she was invited to be the guest speaker for the American Institute of Floral Designers National Symposium, held in San Francisco, in both 1987 and 1999. In addition, Soho continues to demonstrate for numerous garden clubs and other special organizations. Soho is known for her lively spirit and ability to relate to audiences.

She has published two instructional videos, Introductions to Ikebana – Vol. 1 (1987) and Advanced Ikebana – Vol. 2 (1992). Soho includes time in her busy schedule for membership in the Sogetsu Teacher’s Association Tokyo, Japan, Ikebana Teacher’s Federation, San Francisco, Guest member of San Francisco Garden Club, and is the chairperson of the Soho Study Group, which is authorized by the Headquarters of the Sogetsu School, Tokyo, Japan.

She says, “I am very lucky; I love people, flowers, nature, and what I am doing.”

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