

# JAPANESE SASHIKO – A DEEP DIVE

## 26 - 31 OCTOBER 2026

retreat|recreate is delighted to offer this very exciting week (5N/6D) of sashiko classes in Kyoto!

Join us for a deep dive into this traditional Japanese handcraft with renowned sashiko artist Kazue from SASHIKO.LAB in her beautiful atelier!

A week of half-day sashiko classes (Monday to Friday) allows participants to fully immerse themselves in this exquisite craft. You'll learn the origins of sashiko, various methods and techniques, how to create and transfer your own patterns to cloth, and tips for improving your stitching skills. Participants will work on two separate projects.

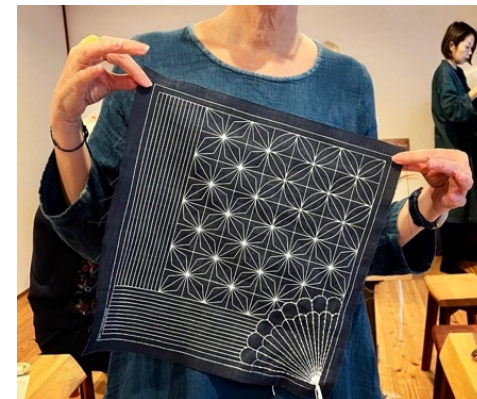
The week also includes a guided Kyoto Craft Tour, as Kazue takes us on a walking tour of her favourite Kyoto textile and thread stores.

You don't need to be an expert with a needle to join this small group workshop, you just need an enthusiasm to learn all about sashiko!

W: [www.retreatrecreate.com](http://www.retreatrecreate.com)  
E: [retreatrecreate@gmail.com](mailto:retreatrecreate@gmail.com)

# ITINERARY

as at JANUARY 2026



**Day 1**

**Monday 26 Oct**

**Day 2**

**Tuesday 27 Oct**

### KYOTO

Welcome to Kyoto! Make your own way to our hotel for an 11:45am briefing meeting followed by a buffet lunch.

After lunch we'll take a short walk to SASHIKO.LAB to meet our wonderful instructor and sashiko sensei Kazue-san. Our first session will cover an introduction to the origins of sashiko, tools and materials, we'll learn about two sashiko methods, and practise our stitching. We'll also view the atelier's private gallery upstairs. Our project for the week will be creating a book or journal cover, decorated with beautiful sashiko stitches. The focus of the week is deepening your sashiko knowledge and skills.

Meals: Lunch

### KYOTO

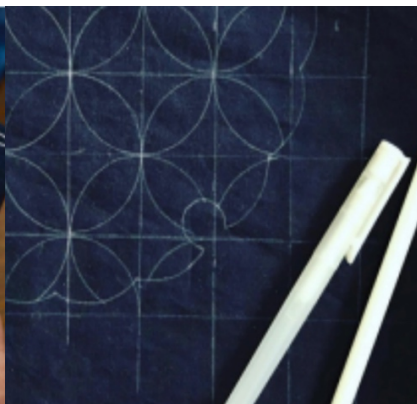
This morning's three hour workshop will focus on the Moyozashi Sashiko method. Kazue will explain the meaning behind the 'shippo' traditional sashiko motif and provide some tips on stitching the shippo pattern beautifully. We will explore and find several other patterns that can be made from the shippo pattern.

We'll break for lunch (at own cost) and reconvene in the afternoon for a two and a half hour walking tour of Kazue's favourite craft and antique stores on her famous Kyoto Craft Tour! Discover hidden gems in the small back streets of historic Kyoto. You might find a treasure or two to take home, or simply inspiration!

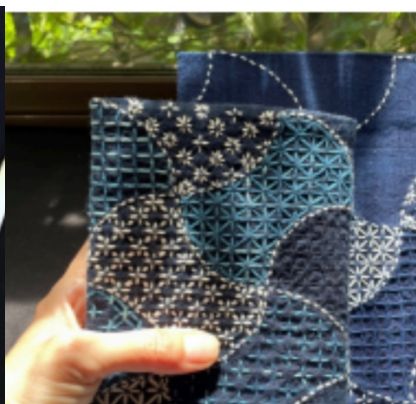
Meals: Breakfast



**Day 3**      **Wednesday 28 Oct**



**Day 4**      **Thursday 29 Oct**



**Day 5**      **Friday 30 Oct**



**Day 6**      **Saturday 31 Oct**

## KYOTO

In this morning's class we'll focus on stitching the Hitomezashi Sashiko method, using a grid. We'll create a small coaster and learn how to finish the back neatly.

The afternoon is free for independent exploration. We are only a ten minute walk from the famous Fushimi Inari Shrine with its famous thousand vermillion torii gates. You may wish to explore the shrine and walk some (or all!) of the gates to the top of the mountain for some magnificent views.

There may also be the option to return to the atelier after lunch to continue working on your stitching.

Meals: Breakfast

## KYOTO

In today's class you will learn how to draw or transfer sashiko patterns on fabric, and have a try at creating your own designs.

In your free time this afternoon there's the option to participate in a Kintsugi Jewellery workshop held nearby. Create a small accessory using traditional Japanese ceramics and kintsugi techniques (kintsugi is the ancient handcraft of mending broken pottery with gold seams). This workshop is optional and at additional cost, to be paid closer to departure.

Meals: Breakfast

## KYOTO

Today is our last day of stitching with Kazue and the focus will be on finishing our journal covers and soaking up these final hours in the studio together.

As usual the afternoon is free time, but there may be the option to stay on in the SASHIKO.LAB atelier to continue stitching.

Meals: Breakfast

## KYOTO

Our amazing week of sashiko comes to an end today after breakfast. There are no activities planned for today and you are welcome to depart at any time. The hotel check out time is 11:00am unless you have booked a late check out, or are staying on for an extra day or two.

There's a flea market scheduled for Sunday 1 November if you're keen to stay on in Kyoto for an extra day. There is also one on 25 October, the day before our sashiko classes begin.

We can assist with booking pre and post tour accommodation, subject to availability.

Meals: Breakfast

**Price:** AUD \$3850 per person

### Inclusions:

- 5 nights in a 3 star hotel (single room occupancy)
- 5 breakfasts, 1 lunch
- 5 half days of sashiko classes
- 2.5 hour Kyoto Craft [walking] Tour
- Sashiko materials (journal cover kit, 1 skein of thread, thimble, needle, needle threader, scissors, tool storage pouch)
- Use of the sashiko atelier on some afternoons

### Exclusions:

- Airfares
- Arrival & departure transfers
- Travel insurance
- Early check in/late check out
- Personal spending (souvenirs, laundry, phone, shopping etc)
- Meals and drinks not included in the itinerary
- Optional kintsugi jewellery workshop (additional cost)

### Notes:

- All classes are in English
- retreat|recreate Australian host Susan Rees-Osborne will accompany the group. While our usual Japanese guide will not be in attendance, our Japan team will provide support in the event of an emergency
- Group size min.6, max. 10

