

# JAPANESE SASHIKO – A DEEP DIVE

26 - 31 OCTOBER 2026  
&  
2-7 NOVEMBER 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 you 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!

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# ITINERARY

as of JUNE 2026



Day 1

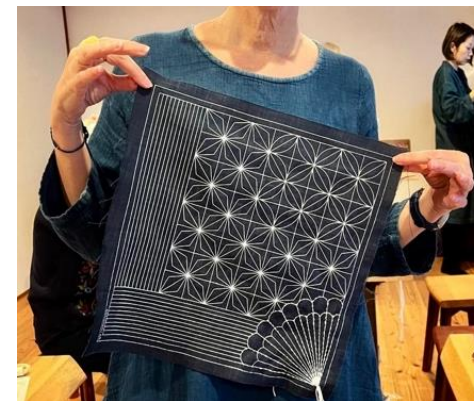
Monday

## KYOTO

Welcome to Kyoto! Make your own way to the hotel for an 11:30am 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. The first session will cover an introduction to the origins of sashiko, tools and materials, you'll learn about two sashiko methods, and practise our stitching. We'll also view the atelier's private gallery upstairs. Your 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



Day 2

Tuesday

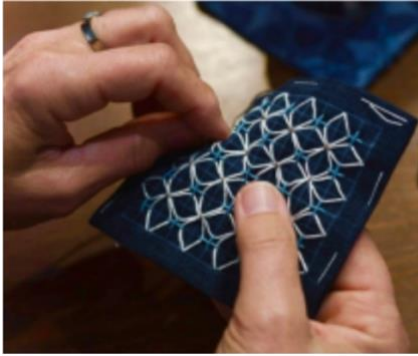
## KYOTO

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. You will explore and find several other patterns that can be made from the shippo pattern.

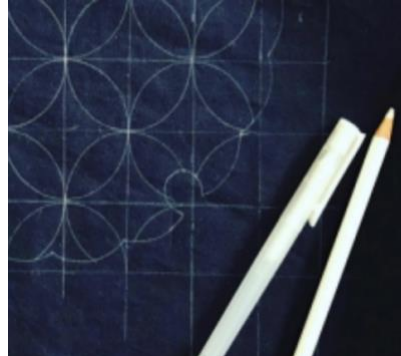
**Sashiko.1 group** - After lunch (at own cost), enjoy a 2.5 hour walking tour of Kazue's favourite craft and antique stores on her famous Kyoto Craft Tour! Discover hidden gems in the small back streets of historic Kyoto. We'll take taxis (included) to the start of the tour, then transport back to the hotel is at your own leisure and cost.

**Sashiko.2 group** - This afternoon there's there's an optional 1:30-4:30pm Kintsugi Jewellery workshop available for up to 10 people. 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 costs Y20,000 per person.

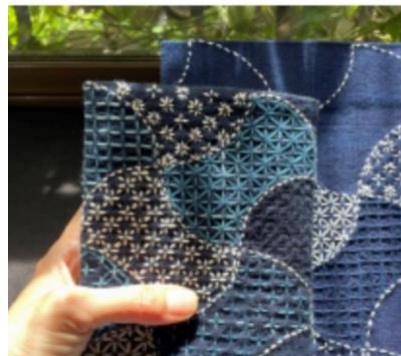
Meals: Breakfast



Day 3 Wednesday



Day 4 Thursday



Day 5 Friday



Day 6 Saturday

### KYOTO

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

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**Sashiko.2 group** - The afternoon is free for independent exploration. The famous Fushimi Inari Shrine with its famous thousand vermillion torii gates is only ten minutes walk away. 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.

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.

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Meals: Breakfast

### KYOTO

Today is your last day of stitching with Kazue and chance to soak up these final hours in the studio together. You may not finish your journal cover in the week, but the focus of the workshops is to deepen your understanding of sashiko and serve as a starting point for further learning and personal creative work. The emphasis is on learning a variety of techniques and enjoying the process itself.

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 are staying on for an extra day or two.

There's a flea market scheduled for Sunday 1 November – perfect timing for both groups! There is also one on 25 October, the day before Sashiko.1 begins.

**Where the afternoons are free this week (ie the days when no kintsugi jewellery classes or craft walks are scheduled) you have free time, but there may be the option to stay on in the SASHIKO.LAB atelier to continue stitching, subject to availability.**

Meals: Breakfast

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

#### Inclusions:

- 5 nights in a 3 star hotel (single rooms only)
- 5 breakfasts, 1 lunch
- 5 half-day 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 subject to availability

#### 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 for up to ten participants (Y20,000 per person)

#### Notes:

- All classes are in English
- retreat|recreate host Susan Rees-Osborne will accompany Sashiko.1 for 5 days, and Sashiko.2 for Day 1. Our Japan team will provide local 24/7 emergency support
- Group size min.6, max. 12