

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.

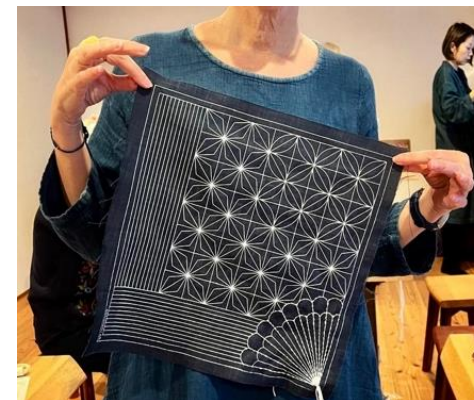
The week also includes a guided Kyoto Craft Tour, as Kazue takes you on a walking tour of her favourite Kyoto textile and thread stores.

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 at AUGUST 2026



Day 1

Monday

Day 2

Tuesday

KYOTO

Urban Hotel

Hotel Urban Kyoto: 4-59 Fukakusa Nishiuracho, Fushimi Ward, Kyoto. Tel: +81 75-647-0606

Welcome! Make your way to the hotel in time for an 11:30am briefing meeting in the lobby, and we'll head to a semi private dining room in the hotel restaurant for a group lunch.

You won't be able to check in at the hotel before our meeting (check in is 3pm) so if you are not staying at the hotel the night before, when you arrive this morning please ask hotel staff to store your luggage until we return to the hotel this evening.

At 1:15pm 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 your 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

KYOTO

Urban Hotel

This morning's three hour workshop starts at 9am and will focus on the Moyo-zashi 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. We'll conclude at noon.

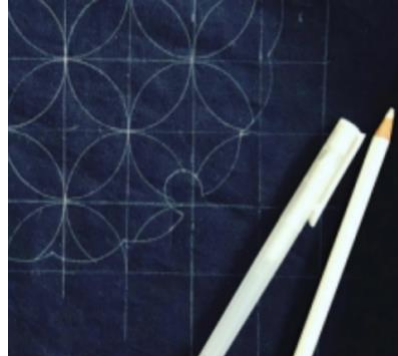
Sashiko.1 group - After lunch (which is at own cost), enjoy a walking tour from 1:30pm-4pm featuring Kazue's favourite craft and antique stores on her famous Kyoto Craft Tour! Discover hidden gems in the small back streets of historic Kyoto. We'll take taxis (included) to the start of the tour, then transport back to the hotel is at your own leisure and cost.

Sashiko.2 group - Enjoy a 1:30-4:30pm Kintsugi Jewellery workshop in which you'll 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 costs ¥20,000 per person. The teacher will collect you from Kazue's atelier.

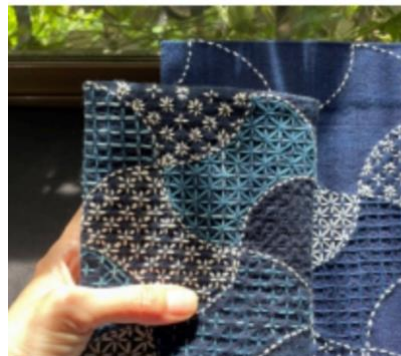
Meals: Breakfast



Day 3 **Wednesday**



Day 4 **Thursday**



Day 5 **Friday**



Day 6 **Saturday**

KYOTO

Urban Hotel

In this morning's class (commencing 9am again) 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 vermilion 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

Urban Hotel

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

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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. Hotel check out time is 11:00am however staff will assist with luggage storage if your flight is not until the evening.

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

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 (¥20,000 per person payable on the day)

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