

 Mamoru Kohrogi Sensei

NATSUKASHI

Retreat

JAPAN TOUR 2026

The Natsukashi Retreat helps you to remember that you are already enough. You do not have to gain more. You only need to be aware of oneness with nature and with your true nature. Everything is already available to us in the here and now. In the process of 'remembering' your sense of 'normal' will shift. You will remember your true essence and let go of false conditioning.

- ✓ 4 days Natsukashi workshop
- ✓ Live music with Kohrogi Sensei
- ✓ Stone circle experience(optional)
- ✓ Sacred Japan Tour(optional)



18-21 APRIL 2026 Retreat

22-23 APRIL 2026 Sacred Tour



Holistic Retreat Center SUIRIN
Iizuna Kogen, Nagano City

Registration form is here 



More Information:
<https://natsukashii.jp>



Natsukashi Retreat
WhatsApp Group



Natsukashi Workshop

4 DAYS PROGRAM



MEETING THE NATSUKASHI FACE

APR

18

**from 10 AM
to 5 PM**

The subtle tensions within you were shaped by education and conditioning. As they melt away, the face you've always carried beneath them—your original face—quietly appears. A day to rediscover the innocence that has always been here.



SEEING THE SOUND

APR

19

**from 9 AM
to 5 PM**

Sound is not only to be heard, but to be seen. Through the lens of quantum perception, listening becomes seeing—and Kannon, the one who “sees sound,” is awakened within you. An experiential meditation on vibration, awareness, and the field of resonance.



MU MEDITATION

APR

20

**from 9 AM
to 5 PM**

The ancient civilisation of Lemuria can still be accessed through the etheric realm. As we explore a range of meditations inspired by the consciousness of Mu, we are transported beyond time and space into the eternal presence of truth.

In the evening Kohrogi Sensei will play live music and sing original songs and participants are invited to enjoy Meditative and Celebrative dance.

**from 6:30 PM
to 8 PM**



THE BRIDGE

APR

21

**from 9 AM
to 4 PM**

A journey of crossing bridges—between past, present, and future, between self and other, between darkness and light. You are both the traveler and the bridge itself, where all opposites meet in wholeness.

April 18–21, 2026 | Natsukashi Retreat



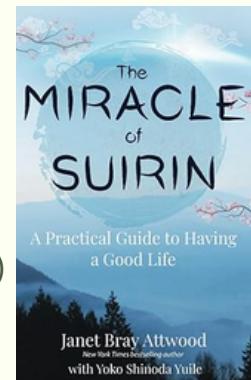
Venue: Holistic Retreat Center SUIRIN

2471-2198 Ageya (Iizuna Highlands), Nagano-City, Nagano JAPAN



The crisp air and rich natural environment of Shinshu Iizuna Highlands

Crystal-clear air, birdsong, the quiet of green forests, majestic sunrises, mystical moonlit nights—the energy field of Shinshu Iizuna Highlands' great nature heals mind and body, enhancing natural healing power.



Access: Approximately 2 hours from Tokyo.

From Tokyo Station to Nagano Station via JR Hokuriku Shinkansen (1 hour 30 minutes)
by car from Nagano Station to SUIRIN (30 minutes)

*We can arrange a jumbo taxi for you.

Please make a reservation in advance if you wish to use this service. (Additional fee applies)

Participation Fee: **\$1,080** Including a 4-day workshop and music live

Accommodation:

(per night, including breakfast and dinner)

Standard Twin \$135–\$180 (per person)

*The bathroom and toilet are shared.

Standard Single \$165–\$195 (per person)

Twin with private bathroom \$165–\$195 (per person)

Single with private bathroom \$165–\$195 (per person)

Whole house rental for VIP \$360 (per building, 2 beds)

*Two-story (living room on 1st floor, bedroom on 2nd floor), with bath, toilet, sauna, and kitchen

If you arrive the day before the retreat, it is a 4-night stay. And if you participate in the Sacred Tour, it is a 5-night stay at SUIRIN.





A building and guest rooms crafted from all-natural wood, cherishing the heart, body, and life
The facility features all-natural cedar and cypress wood with ecological considerations, handmade Japanese paper lighting that emits soft light, 100% pure wool carpets, thick handwoven mats from Nepal, and closet doors covered in silk fabric. Bedding is washed with additive-free detergent, and we maintain a clean environment throughout the building, down to the glass.

Fresh vegetables picked in the morning from natural farm

All dishes are handmade. The staple food is enzyme brown rice made from naturally cultivated brown rice. Starting with dashi broth made from kombu (see weed) and shiitake mushrooms, heartfelt natural meals centered around vegetables using carefully selected ingredients and seasonings. No chemical seasonings are used. Everything is vegan. Generously use morning-picked, completely pesticide-free vegetables from the SUIRIN Natural Farm.



Forest Restaurant "Green Oasis"

Two stone circles within the grounds of SUIRIN

There are two stone circles in SUIRIN. One in the courtyard is a Native American medicine wheel created by Dr. Drunvalo Melchizedek and his group. The other within the birch forest is a spiral created by members of the Italian Damanhur community. Each stone circle has its own unique creation process. The stories behind them and the details of how to enter the stone circles will be shared with participants.

*Unauthorized entry into the stone circles is prohibited. Participation requires a donation fee and registration.



April 22-23, 2026 | Sacred Japan Tour in Shinshu



Togakushi Shrine: Pilgrimage to the Five Shrines

Togakushi Shrine boasts a history of over 2,000 years since its founding. Five shrines are enshrined at the foot of the sacred mountain Togakushi-san, where deities associated with the myth of the Heavenly Rock Cave Opening are enshrined as principal deities. Hinomiko-sha enshrines Ame-no-Uzume-no-Mikoto, who performed a dance during the myth of the opening of the heavenly rock cave, winning the applause of the gods. She is revered as the deity of skill in dance and music, good fortune, and matchmaking.

"Onsen" - Pure natural hot spring

Shinshu is renowned for its abundance of exquisite "Onsen". We stop at a natural hot spring with a view of the Susobana Ravine that sits below the Oku-Susobana Gorge, counted among the 100 Landscapes of Japan.



Zenkoji Temple and "Shukubo(Temple lodging)"

Zenkoji temple has been revered for over 1400 years as Japan's primary center of Buddhist faith. Zenkoji houses the first Buddhist statue to come to Japan, attracting pilgrims from all denominations. 6 million visitors come every year to be awed by this masterpiece of Buddhist architecture. It is the largest temple in all of eastern Japan and testament to the faith of its followers.

Zenkoji is reflected by the large number of 'shukubo' (temple lodgings) within the complex and surrounding streets. Offering traditional comforts, tranquility and "Shojin Cuisine" (Buddhist vegetarian menu).



Places to Visit :

Togakushi Shrine, Zenkoji Temple, Staying at Shukubo, Onsen (Hot Spring) etc... and more.

Participation Fee : \$350

(Including: Transportation during the event, Onsen bathing fee, and admission fees for temples.)

Excluding: Lunch, Post-event transportation)

Accommodation :

Japanese-style room for 1-5 persons **\$100**

(per night, including breakfast and dinner) (per person)



Invitation to Natsukashi Retreat

from Kohrogi Sensei

Translated by Takako Igarashi

Many of you may be wondering "What is going to happen when I take part in the Natsukashii Retreat?" As the word "Natsukashii" implies, (a Japanese word for feeling of fond memories), you will return to your original state. After being born, you may have been conditioned in so many ways, like "You must behave like a good boy / girl". We will return to the state before all those conditionings.



watch the video
of this message

How? Through meeting the "Natsukashii" face. For example, there's an exercise we do in pairs. We look into each other's eyes. Am I the one looking? Am I the one being looked at? Or... Am I the one touching? Am I the one being touched? In this way, we question each action, and start to let go of ownership.

We do that in this retreat through meeting the "Natsukashii" faces. After having this experience, when you return to your daily lives, whenever you feel troubled, unsure of what to do, or you find yourself unable to calm down, Memories from the Natsukashii retreat will come back to you. And you will find tranquility. And remember who you truly are.

You don't have to make any efforts. How we used to be when we were born. That is what you would remember through experiencing. That is what you would remember through experiencing. And afterwards, you might be walking down the street, or looking up at the sky, or you might be tired after a long day's work. And then, suddenly you might remember the feeling of Natsukashii, and be able to quietly return to who you truly are.

Am I the one looking? Or am I the one being looked at? You are now looking this video. And because you are looking, I am visible. At the same time, because I'm here on this screen, you exist. Both are equally essential. Between the two ownerships, "I'm the one watching" "No, you're the one watching" The divisions dissolve, and what is happening there. Like listening to what is being said, or expressing something in words, the divisions dissolve, once the ownership disappears. Then, your existence, your body, your organs, and even your brain, all of them return to the original state how you were right after birth. The way life came into this world. You will experience this original state.

Once you experience it, even after the workshop, You can carry the sense with you. While taking a shower, while eating, while having tea, while taking a walk. It doesn't end there.

And I will show you some techniques like "Lotus Hand Pillow", "Placefullness", etc. We also meet the "Light", meet the "Sound". Those are examples of what you would experience in the Natsukashii Retreat. They will all nourish and support you in your daily lives.

Let's meet there at the venue of the Natsukashii Retreat. I'm looking forward to seeing you.



Ito Thermie Therapist / Musician / Translator of Life's Signs

Born in Miyazaki Prefecture JAPAN in 1950

Being involved in Ito Thermie and in the lives of many people has inspired him to create the Natsukashi retreat, a way to remember our original face.

The Natsukashi retreats have already taken place in England, Scotland, France, Bali and Japan. And all those experiences have made him a Translator of Life's Signs: Helping people to embrace each happening as a sacred invitation for growth and awakening.

守
Mamoru Kohrogi