

2025

Wellness Calendar

一期一会

Ichigo-ichie

M O G A M I

Our Wellness Calendar: Your Year of Presence

一期一会 (ICHIGO-ICHIE)

Mogami® Wellness is dedicated to promoting well-being through mindfulness, self-discovery, and the beauty of everyday moments, all inspired by the **richness of Japanese wisdom**. Our Wellness Calendar offers a mindful journey throughout the year, helping individuals cultivate **inner peace, balance, and personal growth** through intentional practice.

Inspired by the Japanese concept of **"Ichigo Ichie" (一期一会)**—meaning "one time, one meeting" and emphasising treasuring each moment—this calendar encourages you to embrace the present with deep appreciation. Every experience is unique, and by focusing on the now, we can live more fully and engage in self-care and reflection.

Each month presents a **Japanese word of wisdom as a theme**, encouraging **reflection, mindful action, and creative expression**. To deepen this practice, we invite you to **write each monthly theme in calligraphy**, engaging in a 2000-year-old moving meditation that fosters presence, patience, and connection with each word's meaning.

We hope this calendar serves as a guiding companion, encouraging you to slow down, embrace the present, and engage in deep reflection, fostering personal connection and growth. May it inspire you to find beauty and joy in the ordinary, **transforming everyday moments into meaningful experiences** and guiding you toward a more enriched and fulfilling life with ease.

How to Make 2025 Count with Mogami's Calendar

YOUR REFERENCE GUIDE

At the beginning of each month

- **Reflect and Connect:** Take time to reflect on the month's theme and explore its personal significance. How does it resonate with your current journey?
- **Set Intentions:** Define 1 to 2 clear action items to integrate this theme into your daily life. What specific changes or practices will help you embody the theme?
- **Calligraphy Practice:** Engage with the monthly kanji by practising your calligraphy weekly. Use a calligraphy brush, brush pen, or even a regular pen—whichever feels most comfortable to you. Let each stroke deepen your understanding of the theme and your personal growth.

At the end of each month

- **Review Your Progress:** Reflect on whether you successfully completed your 1 to 2 action items. How did these actions influence your mindset and wellbeing?
- **Evaluate Your Energy Flow:** Assess your calligraphy practice, paying attention to how your energy and mindset evolved throughout the month. Did the process bring a sense of flow or uncover challenges?
- **Embrace and Release:** Identify what you wish to carry forward into the next month, and consider what you are ready to let go of. This is a time for letting go of what no longer serves you.
- **Share with the Community:** Share your calligraphy pieces and reflections with the Mogami community by tagging us @mogami_wellness. Engage with others by offering your insights and learning from theirs, building deeper connections through shared experiences.

2025

Embark on Your Wellness Journey with Mogami

Intention January (志): Shape 2025 on your own terms by clearly defining your intention.

Ikigai February (生き甲斐): Embark on your purpose-driven journey.

Embodiment March (響): Learn the holistic healing power of embodiment practices.

Affirmation April (言霊): Bring your intention to life through the spirit of words & affirmations.

Mindful May (空): Create mindfulness habits to practice the power of presence.

Active June (動): Enjoy the power of daily active movement to take care of your body.

Wabi-sabi July (侘び寂び): Let go of perfection, permanence and completion.

Forest-bathing August (森林浴): Rejuvenate your body & soul with nature.

Soulful September (心): Fuel your soul (kokoro) care through meaningful connections.

Evolving October (進化): Embrace change & growth as you evolve into your best self.

Nourishment November (元気): Focus on habits and rituals that give you energy.

Celebration December (平常心): Celebrate 2025 through thoughtful reflection.

初心を忘れず

SHOSHIN-WO-WASUREZUNAI

DON'T FORGET YOUR BEGINNER'S MIND
& HEART

志

INTENTION JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 New Year's Day 元日 Ganjitsu	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

IKIGAI FEBRUARY

生き甲斐

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 National Eating Disorders Awareness Week	25	26	27	28	

行云流水
KOU-UN-RYU-SUI

MOVE WITH GRACE, LIKE DRIFTING
CLOUDS AND FLOWING WATER.

無
心
MU-SHIN

A STATE OF PURE PRESENCE, FREE
FROM THOUGHTS OR ATTACHMENTS

郷
音

EMBODIMENT MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20 Vernal Equinox Day 春分の日 Shunbun no hi	21	22
23	24	25	26	27	28	29
30	31					

AFFIRMATION APRIL

言靈

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

有言實行

YUGEN-JIKKO

LIVING TRUE TO YOUR WORD
THROUGH MINDFUL & DELIBERATE
ACTION.

羽白慣は第二の天性なり

SHUKAN-WA-DAINI-NO-TENSEI-NARI

WHAT WE DO REPEATEDLY
BECOMES WHO WE ARE

空

MINDFUL MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Greenery Day みどりの日 Midori no hi	5 Children's Day こどもの日 Kodomo no hi	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

ACTIVE JUNE

動

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14 Global Wellness Day
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

健康第一

KENKOU-DAIICHI

HEALTH IS THE GREATEST WEALTH –
NURTURE IT DAILY

一期一会
ICHIGO-ICHI-E

ONE ENCOUNTER, ONE OPPORTUNITY
- TREASURE EACH MOMENT

侘び寂び

WABI-SABI JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 Marine Day 海の日 <i>Umi no hi</i>	22	23	24 International Self-Care Day	25	26
27	28	29	30	31		

FOREST-BATHING AUGUST

森林浴

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11 Mountain Day 山の日 Yama no hi	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

木漏れ日

KOMORE-BI

SUNLIGHT FILTERING THROUGH THE
TREES – A GENTLE EMBRACE OF
NATURE'S BEAUTY

笑門には福来る

WARAU-KADDO-NI-WA-FUKU-KURU

GOOD FORTUNE COMES TO THOSE WHO SMILE



SOULFUL SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10 World Suicide Prevention Day	11	12	13
14	15 Respect for the Aged Day 敬老の日 <i>Keirō no hi</i>	16	17	18	19	20
21	22	23 Autumnal Equinox Day 秋分の日 <i>Shūbun no hi</i>	24	25	26	27
28	29	30				

EVOLVING OCTOBER

進化

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10 World Mental Health Day	11
12	13 Sports Day スポーツの日 Supōtsu no hi	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

千里の道も一歩から

SENRI-NO-MICHI-MO-IPPO-KARA

A JOURNEY OF A THOUSAND MILES
BEGINS WITH A SINGLE STEP

病
は
気
か
ら

YAMAI-WA-KI-KARA

IMBALANCE BEGINS WITHIN – NURTURE
YOUR ENERGY TO SUSTAIN BALANCE
AND HEALTH

元氣

NOURISHMENT
NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 Culture Day 文化の日 <i>Bunka no hi</i>	4	5 National Stress Awareness Day	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 Labor Thanksgiving Day 勤労感謝の日 <i>Kinrō Kansha no hi</i>	24	25	26	27	28	29
30						

CELEBRATION DECEMBER

平常心

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

大
丈
夫

DAI-JYOU-BU

EVERYTHING WILL BE OKAY – STAY
GROUNDED AND STEADY

Your 2025 Mogami® Calendar Wrap-Up

As we come to the end of this transformative year, enriched by Japanese wellness themes and timeless sayings, now is the time to pause and reflect on your journey. Each month has invited you to explore deeper layers of self-discovery and wellbeing, rooted in ancient wisdom.

Reflect on Your Journey:

Revisit the themes and Japanese sayings that shaped each month. Consider how these teachings have influenced your thoughts, actions, and intentions. What changes have you noticed within yourself? How has this wisdom resonated in your everyday life?

Celebrate Your Growth:

Growth takes many forms. Celebrate not only the external milestones but also the internal transformations—moments of clarity, balance, or resilience. Every step, no matter how small, is worth acknowledging.

Set Future Intentions:

As you look ahead to the coming year, let the insights and reflections of the past 12 months inspire your next steps. Set intentions that continue to nurture balance, harmony, and purpose in your life, guided by the wisdom you've embraced.

Continue Your Wellness Journey with Mogami®

Your journey doesn't end here—it's just the beginning. Discover more ways to nurture your health, balance, and inner peace:

- **Online Learning:** Explore our courses on Japanese wellness, including topics like [Ikigai](#) and [mindful calligraphy for self-care](#).
- **Private Wellness Coaching:** Receive personalised support from our founder, Saori, to help you achieve lasting wellness and balance. Book a [free discovery call](#) today.
- **Collaborations:** Partner with us for tailored events and coaching that integrate Japanese wellness principles and sustainability into your brand.
- **Corporate & Community Wellbeing:** Enhance your organisation's culture with mindfulness workshops, leadership coaching, and wellness programmes.

Join our growing community of wellness seekers and take the next step in your journey. Visit us at mogamiwellness.com or contact us at hello@mogamiwellness.com to learn more and become part of something meaningful.

We're here to support you every step of the way.