



# YOGA in Estonian way- retreat your body and mind

August 2023

# 5 Day Revitalizing Meditation and Yoga Retreat in Laulasmaa, Harju County

## Highlights:

- + 4 days with instruction in English
- + The organizer also speaks: Estonian, Norwegian
- + Group size: Maximum of 10 participants
- + Airport transfer included: Tallinn Airport
- + Morning Vinyasa yoga classes
- + Evening Restorative or Yin yoga classes
- + 4 nights accommodation in a beautiful spa hotel

## Contact:

<https://www.bookyogaretreats.com/sharing/1lf8CYB7PQ/5-days-yoga-retreat-estonia>





# 5 Day Silent Mindfulness Meditation and Yoga Retreat in Hiiumaa

Escape to the serene island of Hiiumaa in Estonia and join Om & Flow Yoga for a transformative meditation and yoga retreat surrounded by the pine forests and the Baltic Sea.

## Highlights:

- + 4 days with instruction in English
- + The organizer also speaks: Estonian, Finnish, Italian
- + Group size: Maximum of 16 participants
- + Airport transfer included: Tallinn Airport
- + Twice daily yoga
- + 4 nights accommodation

## Contact:

<https://www.bookyogaretreats.com/om-flow-yoga/5-days-silent-mindfulness-meditation-and-yoga-retreat-in-hiiumaa-estonia>





# 3 Day Culinary Escape with Yoga in Padaste

Experience Nordic Island's Cuisine during this culinary escape in Estonia. Enjoy candlelight dinner in the South Foyer with a beautiful view towards Padaste bay and treat your body with "Rise and shine" yoga style stretching every morning.

## Highlights:

- + A partial body massage session at Pädaste Spa
- + "Rise and shine" yoga style stretching every morning
- + 1 hour of private Seawater hot tub with a bottle of champagne at Pädaste bay
- + Private Islands' Degustation menu candlelight dinner
- + 4-course Table d'hote dinner
- + 2 nights of accommodation

## Contact:

<https://www.bookyogaretreats.com/padaste/3-day-culinary-escape-with-yoga-in-padaste>





# Summer yoga retreat on Muhu island in West coast of Estonia

Experience beautiful natural setting for a rejuvenating week of Liina's unique blend of yoga, embodiment, and mindfulness.

The price includes 5 nights of accommodation, 3 vegetarian meals/day, all yoga and movement classes, the use of bikes for local exploring, yoga mats and props, 2 sauna nights, pick up and drop off from Kuivastu seaport.

Contact:

<https://www.liinayoga.com/yogainestonia.html>



# Adventures acroyoga

Acroyoga is an adventurous and fun activity that is both physically and mentally very stimulating and enlightening. It does not matter how flexible, tall or short you are or how much you weigh — it is suitable for everyone.

Workshops in beautiful places all over Estonia.

Contact:

[acroyogatartu@gmail.com](mailto:acroyogatartu@gmail.com)

<https://www.visitestonia.com/en/adventurous-acroyoga-workshops-for-teams>



Picture by: Kristin Hansen

# SUP Yoga

Visit the enchanting river early in the morning and enjoy the peace, chirping of the birds and the rays of the rising sun on your face.

Now it's the time — come with us for a swamp trip with SUP and try SUP Yoga.

The price includes basic SUP training, a guide, a board, a paddle and a vest.

[Contact:](#)

[info@suppama.com](mailto:info@suppama.com)

<https://suppama.com/product/an-exhilarating-early-morning-swamp-trip/?date=2023-08-16&time=0600>





# Overnight SUP Yoga on the rivers and lakes of wetland area Emajõe-Suursoo

Emajõe-Suursoo is one of the wildest and most deserted places in Estonia with many rivers and lakes, but since the area is very difficult to access, people don't come here for fun. However, you can see and hear many interesting birds and animals here.

## Included in price:

- + paddle board, paddle and life jacket rental
- + hiking organization and guide service
- + equipment - hanging beds, camping stove, cooking equipment, if necessary, waterproof bags for packing equipment
- + two meals (menu negotiable)

## Contact:

[info@naturetoursestonia.com](mailto:info@naturetoursestonia.com)

<https://naturetoursestonia.com/sup-tours/>





# Hotels for Yoga in Estonia

In Tallinn:

[Oru Hub Hotel Handwritten Collection \(visitestonia.com\)](https://www.visitestonia.com)

[Kalev Spa Hotel & Water Park \(visitestonia.com\)](https://www.visitestonia.com)

[Park Inn by Radisson Meriton Conference & Spa Hotel Tallinn \(visitestonia.com\)](https://www.visitestonia.com)

[Hektor Container Hotel \(visitestonia.com\)](https://www.visitestonia.com)

[Tallinn Viimsi Spa Hotel & Aquapark \(visitestonia.com\)](https://www.visitestonia.com)

[Braavo Spa Hotel \(visitestonia.com\)](https://www.visitestonia.com)

Outside of capital city:

[Hotel LaSpa Laulasmaa \(visitestonia.com\)](https://www.visitestonia.com)

[Pühajärve Spa & Holiday Resort \(visitestonia.com\)](https://www.visitestonia.com)

[Hotel Fra Mare Thalasso Spa | Visit Estonia](https://www.visitestonia.com)

[Hotel NOSPA \(visitestonia.com\)](https://www.visitestonia.com) [Pädaste Manor hotel \(visitestonia.com\)](https://www.visitestonia.com)

[Grand Rose Spa Hotel \(visitestonia.com\)](https://www.visitestonia.com)

[Noorus Spa Hotel \(visitestonia.com\)](https://www.visitestonia.com)



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Find out more:

[visitestonia.com](http://visitestonia.com)

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