



YOGA in Estonian way- retreat your body and mind

Updated September 2025

3 Day Culinary Escape with Yoga in Muhu island

Highlights:

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

Contact:

[3 Day Culinary Escape with Yoga in Padaste, Estonia - BookYogaRetreats.com](#)



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>



Picture by: liinayoga.com webpage

Silent Mindfulness Meditation & Yoga Retreat on a tranquil island of Hiiumaa

Highlights:

- + 4 nights, 5 days stay at a Nordic guesthouse
- + Daily morning and evening yoga classes
- + Daily meditation and Yoga Nidra
- + Daily guided mindfulness sessions
- + Sound Healing Sessions
- + Reiki Sessions
- + EFT Tapping Sessions
- + Daily access to sauna
- + 3 healthy vegetarian/vegan meals daily
- + Transportation from and to Tallinn airport

Contact:

Estonia Retreat — Om & Flow Yoga



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:

acroyogatallinn@gmail.com



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

<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

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



Picture by: nature tous estonia Facebook page

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)

[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)

[Fra Mare Thalasso SPA Healing Yoga House | Visit Estonia](https://www.visitestonia.com)
[Wasa Resort Spa Hotel \(visitestonia.com\)](https://www.visitestonia.com)

[ESTONIA Resort Hotel & Spa, SPA & SAUNA | Visit Estonia](https://www.visitestonia.com)

[Surf'n'Soul Beach Club Yoga House | 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)

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

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

[Ranna Surf Village | Visit Estonia](https://www.visitestonia.com)



Picture by: allevents.in webpage

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