

Ashtanga Retreat

with Tashi Dawa at Kadermo Retreat in Finland



Each summer, Kadermo Retreat welcomes yoga students from around the world to participate in weekly Ashtanga yoga retreats. This centre provides a unique opportunity for practitioners to deepen their practice in a peaceful, undisturbed setting while connecting with a supportive community.

Kadermo is the childhood home of Stefan Engström, who transformed it into a retreat over 30 years ago. A senior Ashtanga yoga teacher, Stefan leads the weekly practice immersions and invites guest teachers to share their expertise. I am fortunate to be one of those guest teachers.

This stunning retreat centre is located on the tranquil island of Kadermo in the Baltic Sea.



www.kadermo.fi

[Kadermo Instagram](#)

[Kadermo Facebook](#)

Dates & Prices

Ashtanga Yoga Retreats with Tashi Dawa

You're welcome to join for the week I'm teaching or extend your stay with a weekend workshop or additional weeks.

Tashi Dawa Teaching Dates

- Sunday, 27th July – Friday, 1st August: €600
- Sunday, 17th August – Friday, 22nd August: €600

Stefan's Weekend Workshops

- Friday, 25th July – Sunday, 27th July: €330
- Friday, 22nd August – Monday, 25th August: €400

Weekly Prices

- One week (5 nights): €600
- Two weeks (12 nights): €1200
- Three weeks (19 nights): €1700
- Four weeks (26 nights): €2080

Booking Information

To confirm your booking, pay a €170 deposit and send your flight confirmation to Helsinki directly to Stefan at Stefan@kadermo.fi

Once your flights are booked, email the confirmation to Stefan. He only requires your flight details; for any questions about the retreat, programme, travel, or transfer logistics, please contact me directly.



Booking & Payment

Retreat fees can be paid in two parts: a €170 deposit by bank transfer to me, with the balance paid to Stefan in cash (€) upon arrival.

Rooms are allocated on a twin-share basis unless you request a private room, which adds 30% to your retreat price. While private rooms cannot always be guaranteed, we will do our best to accommodate your request.

Included

- Accommodation
- All meals
- All teaching sessions (morning asana practice, afternoon workshops, and talks)
- Taxi and boat transfers from Hanko Train Station on arrival and departure days

Not Included

- Travel insurance (highly recommended)
- Train travel to and from Helsinki/Hanko
- Missed transfers: If you miss the scheduled train or boat from Hanko, a private taxi and boat pick-up can be arranged for €75.
- Sheets and towels, which can be hired for €20 if you prefer to travel light.
- Café purchases: The retreat café offers barista-made coffee, drinks, and sweets. Guests typically spend €50–€80 per week, depending on their cappuccino, turmeric latte, or croissant indulgences.

What to Bring

- Sheets and towels (unless hiring for €20)
- Yoga mat (communal mats are available if needed)
- Light clothing, yoga attire, warm clothing, walking shoes, and toiletries
- A small towel or sarong for sitting in the sauna
- Eco-friendly washing detergent for hand washing
- Water bottle, notebooks, folder for handouts, and tweezers (in case of ticks)
- Snacks can be stored in the guest fridge, if desired

Travel

Arrival at Hanko

Plan to arrive at Hanko train station by 17:30 on the arrival day. From there, a taxi will take you to the boat ramp, followed by a boat transfer to the island. There is a large supermarket near the train station for any last-minute essentials.

Travel from Helsinki to Hanko

Be at Helsinki train station by 15:00 to catch the last train connection to Hanko on the arrival day. If you miss the train, please contact us to arrange a private taxi and boat transfer, cost is €75.

Extra Time in Helsinki or Hanko

Many participants choose to stay an extra night in Helsinki before the retreat. If you're planning this and want to connect with others in Helsinki let me know.

Others prefer to spend additional time in Hanko. Hanko is a charming village with lovely accommodations, cafes, and restaurants.

Train and Bus Connections

Due to train line upgrades, the journey from Helsinki to Hanko often includes a train and bus connection (Helsinki to Karjaa / Karjaa to Hanko). Arrive early at Helsinki train station to check the schedule and purchase your tickets.

Booking Train Tickets www.vr.fi/en



Details

Arrival Day

- 17:30 Arrival at Hanko train station, the retreat taxi is waiting for you to go to the boat harbour
- 17.45 The private boat takes you to the retreat
- 18:00 Arrive at the retreat where you'll be given information about how the composting toilets work then shown to your room.
- 18.30 We have dinner together and do the dishes
- 20.00 We walk to the yoga shala and do a yoga nidra session then an introduction circle.
- 21.00 You can pay your fees in cash to Stefan and collect your sheets and towels. The cafe is open for drinks and sweets, you can create a tab for your cafe spending and pay at the end of the week.

Departure Day

- 14:30 Departure from the retreat by boat
- 14:50 Taxi takes you back to Hanko Railway station
- 15:20 Train departs to Helsinki - we recommended buying train tickets online

Other considerations

- There is a library of yoga books which are available for you to read
- Ticks can be an issue in Finland, some ticks carry quite serious diseases so we discourage walking into the forest without good coverage over your legs and feet, make sure to check for ticks regularly.
- There is a kayak at the retreat, let someone know if you go off for a kayaking adventure, we discourage you from going too far out into the islands as sea conditions can change quickly.
- Getting a SIM card in Helsinki is very easy in case you are worried about your internet connection, you can find SIM cards in any convenience store. Mobile signal is strong on some parts of the island, wifi is available yet limited.
- If you really do not want to carry cash to the retreat we can arrange a bank transfer on request. Cash payment is our preference, we take cash only for the sheet hire and for purchases at the cafe.