Yoga and Horseback Riding





Together with Selime Özbek, a certified yoga instructor, we are delighted to offer another yoga week in August 2027.
Would you like to discover Iceland not only from the saddle, but also enrich your holiday with yoga? Then this week is just right for you!

We start each day with a dynamic yoga session. Among other benefits, it will help strengthen your body awareness and improve your seat on the horse—regardless of whether you already have riding experience or not. Afterward, a varied selection of trail rides and joint excursions awaits you.

For the rides, we divide the group according to ability and riding experience.

Day 1 – 13.08.

We will pick you up around 8:00 PM from the bus in Sauðárkrókur. A light snack will already be waiting for you at the farm. If you feel like taking a walk after the bus ride, you can explore the farm and its surroundings.

Day 2 – 14.08.

We start the morning with coffee and tea, then head out at 8:00 AM for our yoga session. A 1.5-hour yoga class awaits you. Afterward, we will have breakfast together and set off on a one-hour introductory ride. Back at the farm, we will have a refreshment before leaving in the afternoon for the Glaumbær turf house museum. We will round off the evening comfortably with a shared dinner.

Day 3 – 15.08.

After a cup of tea or coffee, we begin the day once again with yoga. Following breakfast, experienced riders will set out on a two-hour trail ride to the black sand beach. Those who do not yet feel completely confident in the saddle can enjoy a leisurely ride through the scenic nature instead. Afterwards, we will have a light bite to eat and drive to Hólar, where we will visit the horse museum, among other sights. Back at the farm, we will end the day with dinner together.

Day 4 – 16.08.

As usual, we start the day with a 1.5-hour yoga session. After having breakfast together, we drive to Grettislaug. There, we will take a lovely walk by the sea and then relax in the natural geothermal pool (hot pot). Today we take things a bit easier. Back at the farm, there will be a light refreshment before spending the evening together over dinner.

Day 5 - 17.08

Today we begin the morning with another wonderful yoga session. After breakfast, we get back into the saddle: experienced riders will take an approximately three-hour ride to the beach and around a

lake. Those with less riding experience can look forward to an approximately two-hour ride through beautiful nature—with a bit of luck, we might even spot our mares with their foals. After riding, we refresh ourselves at the farm before heading into the town of Sauðárkrókur. There will be time for grocery shopping or a leisurely stroll through the village. We will then have dinner together.

Day 6 – 18.08.

The morning starts as usual with our yoga practice, followed by a shared breakfast. Then it's off to the horses: an approximately two-hour ride leads us through picturesque scenery. Depending on skill and experience, we can split the group along the trail. Back at the farm, we recharge before driving to Hofsós for a swim. There, we can relax in the hot pot and take in views of the ocean. In the evening, we gather for our final dinner together.

Day 7 – 19.08.

To conclude the retreat, one last yoga session awaits you. After breakfast, there is time for a walk, packing, or—if you like—a short farewell ride. At 3:00 PM, we will take you and the other participants to the bus stop in town





General Information

Accommodation: Shared rooms with 2 to 4 beds

Riding Experience: You do not necessarily need riding experience for this tour. However, please let us know when inquiring how much experience you have so we can plan the rides accordingly.

Total Price: €1,670 (includes all services except arrival and departure travel)

Would you like to learn more or book the yoga week? Feel free to send us an email at info@icelandhorsetours.com or call us at +354 847 8577. We look forward to seeing you!
Luka & Andrés

Please note: Due to weather conditions, changes to the itinerary may occur. We always make every effort to minimize changes to the trail rides and make decisions in the best interest of all participants and our animals