
COLLE AI LECCI
TAI CHI & FITNESS RETREAT
with Laurin Pöschl & Christina Rief
at Colle ai Lecci - Tuscany

TAI CHI & FITNESS RETREAT

COLLE AI LECCI

FIND THE CONNECTION BETWEEN YOUR BODY AND YOUR MIND

A retreat that promotes balance between relaxation and tension offers a harmonious environment where participants can both unwind and engage in physical activities. It is the perfect place for fitness enthusiasts of all levels who want to sensitise their body and mind and gain valuable inspiration for their daily training routine.

We have developed a particularly versatile programme consisting of meditation techniques, fitness exercises and massage sessions.

- Tai Chi for your inner balance
- bodyweight exercises to strengthen you muscles
- kickboxing to improve you physical fitness + reaction skills
- circuit training for your endurance
- Soothing massages to regenerate your whole body

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YOUR DATE

Tai Chi summer retreat

30th of July - 3rd of August 2025

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STRENGTH AND INNER FREEDOM

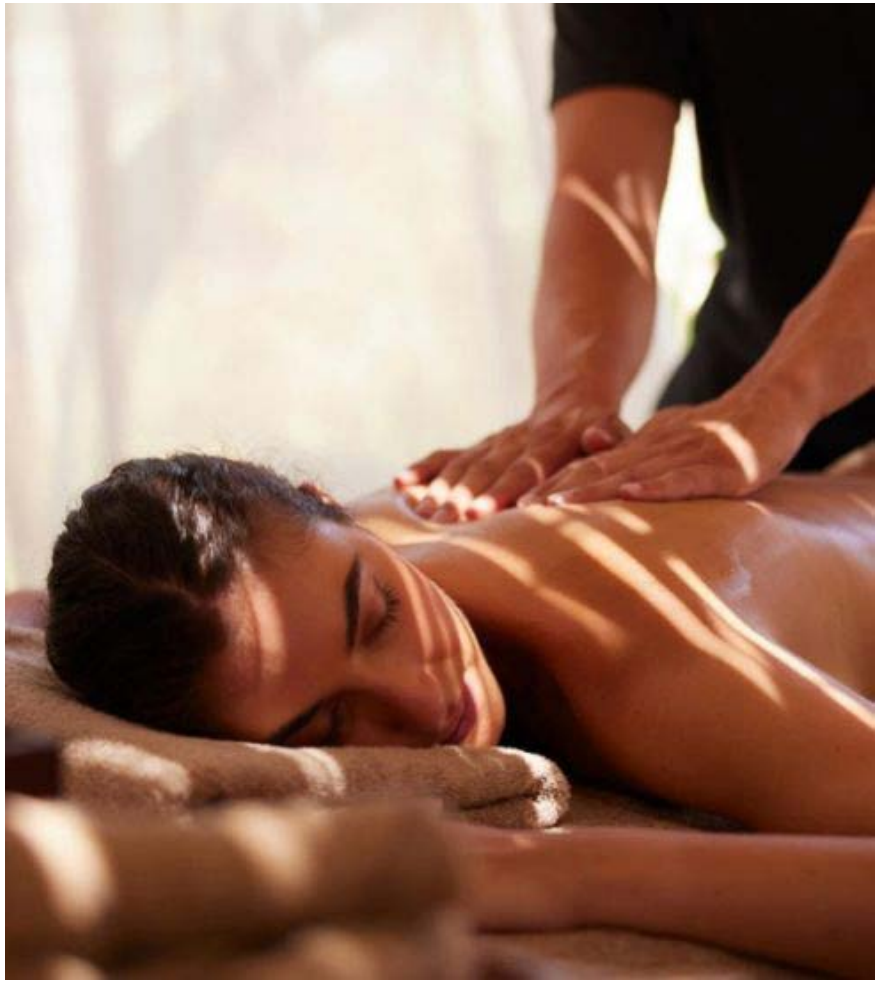
Set in nature, surrounded by picturesque landscapes, attendees can participate in guided meditations and Tai Chi sessions aimed at calming the mind and finding inner clarity. At this retreat participants will be learning the basics of the famous Yang Style Tai Chi, which is known for its beautiful movements and health benefits.

At the same time, various sports activities like circuit training, body weight exercises and kickboxing strengthen physical fitness and endurance. The physical training will take place outside, surrounded by the beautiful Tuscan scenery. Participants will learn ways to train their muscles, cardio vascular system and coordination without the need of any fitness equipment and machines.

RELAXATION FOR ALL SENSES

The retreat emphasizes the connection between body and mind, and help participants learn techniques they can integrate into their daily lives. In addition every participant has the option of receiving two massage sessions. It is possible to choose between a classic wellness massage with oil or the Japanese rolling massage. In this eastern therapy, the therapist uses rolling tools to apply light pressure. It helps loosen up the muscles, improves blood circulation and speeds up recovery process.

The program is rounded off with healthy, nourishing meals that fuel the body and provide energy for the physical challenges. This creates a holistic experience that offers both relaxation and active tension, allowing participants to return to their daily lives with renewed energy and balance. This retreat is for any fitness level as the exercises can be adapted to each person. It is also not required to have any experience in Tai Chi.



COLLE AI LECCI

TAI CHI RETREAT PACKAGE

- 5 days: Wednesday - Sunday (4 nights)
  either in one of our design apartments with private balcony
  or garden, or spent camping in our olive grove
- daily Tai Chi and workout sessions as well as massages,
  at our outdoor areas, or indoor gallery space
- welcome drink on the day of your arrival
- free mineral water and organic tee throughout your stay
- rich daily brunch at 9.00 am with organic + local ingridients
- daily snack at 3:00 pm to reenergize your body
- daily vegan and vegetarian dinner served in our garden at 7:00 pm
- free use of the pool and all our outdoor areas

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WHAT YOU WILL TAKE HOME

- inner peace and mindfulness
- improved physical fitness
- new perspectives on your training
- healthy habits for everyday life
- connections with like-minded people

YOUR TEACHERS

LAURIN PÖSCHL
is a physiotherapist with 20 years of experience in martial arts. He is characterised by his patience and has a great passion for teaching. This combination of expertise and teaching skills enables him to effectively help others and to promote their physical fitness and techniques.

CHRISTINA RIEF
is a physiotherapist and a sporty all-rounder who enjoys working collaboratively with people on their health. She brings a variety of skills and experience to develop individualised treatment plans and support her clients on their journey to better health. Her enthusiasm for movement and wellness motivates others to stay active and achieve their goals.

YOUR RETREAT
YOUR TIME

PROGRAM

Wednesday: arrival & welcome
03.00 pm Individual arrival
04:30 pm Welcome
05.00 pm Afternoon workout
07.00 pm Dinner

Thursday: regular day
08.00 am Workout
09:30 am Breakfast/Brunch
11.00 am Leisure time
03.00 pm Snack
04:00 pm Massage (optional)
05.30 pm Tai Chi
07.00 pm Dinner

Friday: regular day
08.00 am Workout
09:30 am Breakfast/Brunch
11.00 am Leisure time
03.00 pm Snack
04:00 pm Massage (optional)
05.30 pm Tai Chi
07.00 pm Dinner

Saturday: regular day
08.00 am Workout
09:30 am Breakfast/Brunch
11.00 am Leisure time
03.00 pm Snack
04:00 pm Massage (optional)
05.30 pm Tai Chi
07.00 pm Dinner

Sunday: departure
08.00 am Workout
09.00 am Breakfast/Brunch
11.00 am Individual departure

Colle ai Lecci is a place where a collective of people creates projects that reframe the way we live and interact.

Our place is unfolding since the creation of Colle ai Lecci in the beginning of 2022. The transformation of a former winery into a creative place that sets the stage for a new concept of living and working together.

Three simple Italian farm houses revive as a „borgo", a little village with ateliers, organic garden, olive groves, and the close contact to nature. We assemble a community of designers, farmers, artists, artisans, architects and other creative minds, whose work engages with pureness toward a resetting of values.

COLLE AI LECCI - AGRITURISMO

Colle ai Lecci is an intimate place in the middle of the Tuscan landscape, located only 29 kilometres away from Siena. The biological farm grows its own olive oil and offers contemporary designed apartments for relaxing holidays.

PURE LIVING

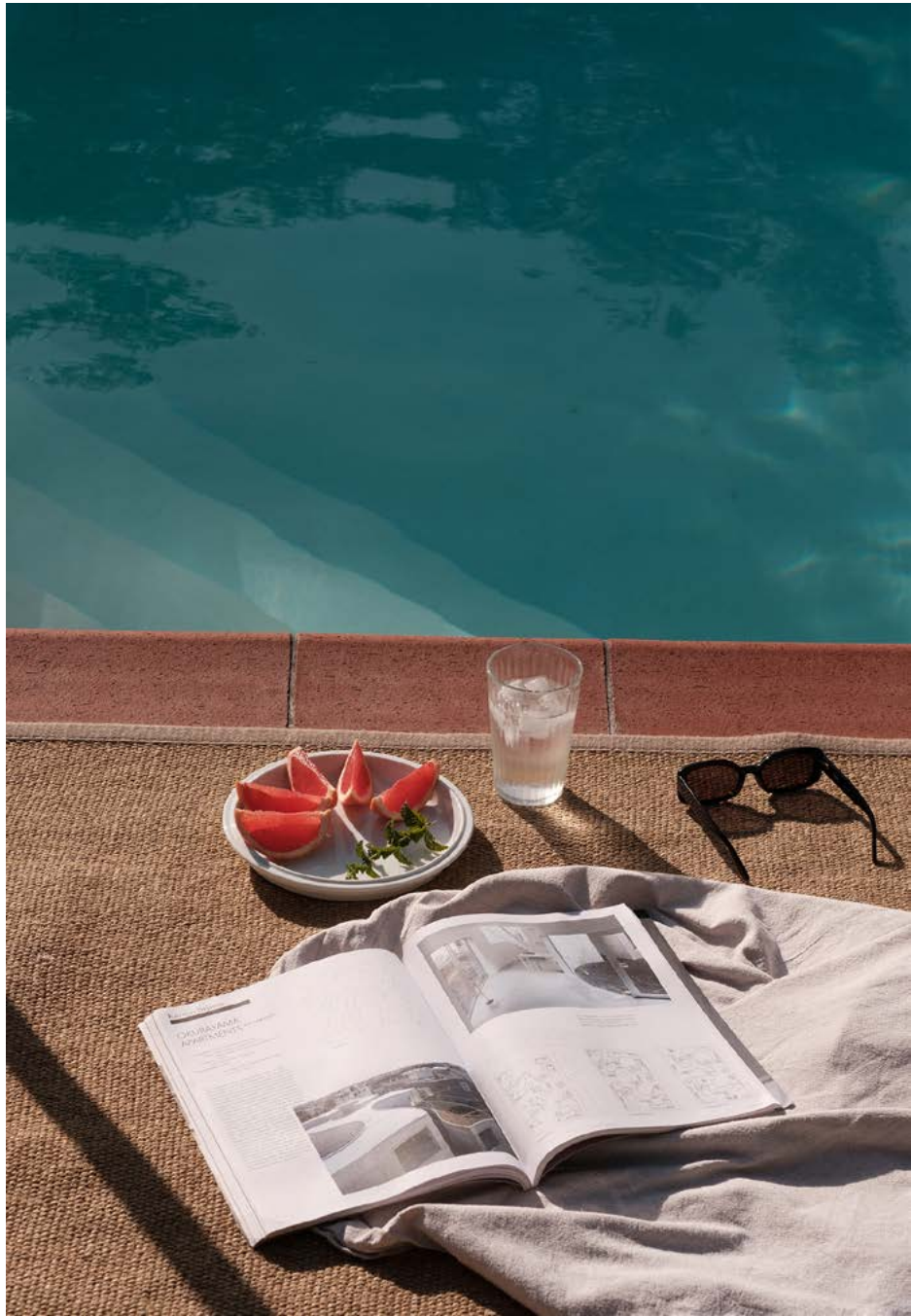
The lifestyle in Colle ai Lecci aims to get closer to nature, simple values, rediscovering the senses and slowness of being.

GARDEN / POOL

The Borgo is surrounded by cypresses and a natural garden with wild herbs, fruit and flowers. In the middle of our olive grove, you can let your mind wander and body relax in the 8x9m large swimming pool.

NATURE

The olive grove adjacent to the buildings, is available for relaxing in a hammock or having a meal amongst the olive trees. If you feel like a refreshing walk through our oak forest, we can gladly provide trail tips.



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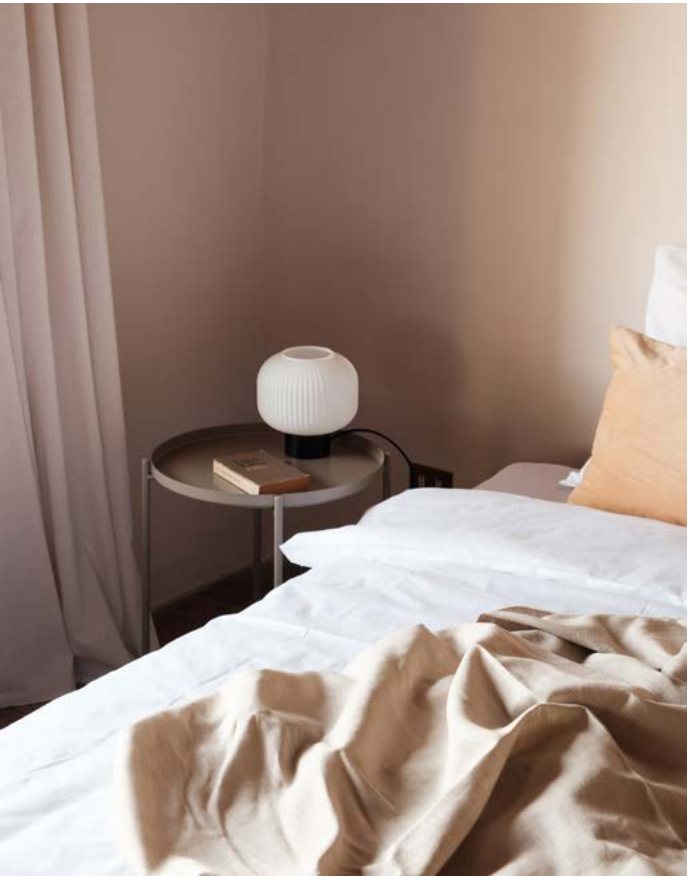
WHAT'S NOT INCLUDED

- travel costs like flight, train or rental car
- all activities beside the retreat
- alcoholic drinks

Tip: The drive from the airport in Florence to the accommodation takes approximately 90 minutes. If you choose to travel by train, arriving in Siena and renting a car for the last 29 kilometres to Colle ai Lecci, is advisable, as it also gives you the freedom to freely explore the region by car, for the duration of your stay. Carpooling with other guests may also save you money and energy.

COLLE AI LECCI ACCOMODATION

We offer 4 different options of staying with us during the Tai Chi Retreat. All options include the particiaption at the Tai Chi workshop, the biological meals freshly prepared by our chef, the use of all our facilities like the pool, the garden, our bikes etc.:



THE SUITE-APARTMENT - PAOLO
Suite with 49 sqm, double bedroom, a bathroom, a cosy living area, a kitchen and private balcony
Per person including Tai Chi 1.960 €
Per accompanying person without Tai Chi 1.560 €

THE 2 STOREY-APARTMENT - ANA
Suite with 53 sqm, double bedroom, a bathroom, a living area with kitchen and private garden
Per person including Tai Chi 1.840 €
Per accompanying person without Tai Chi 1.440 €

THE GARDEN APARTMENT - MANU
Ground floor apartment with 41 sqm, double bedroom, a bathroom, a cosy living area with kitchenette and private garden
Per person including Tai Chi 1.760 €
Per accompanying person without Tai Chi 1.360 €

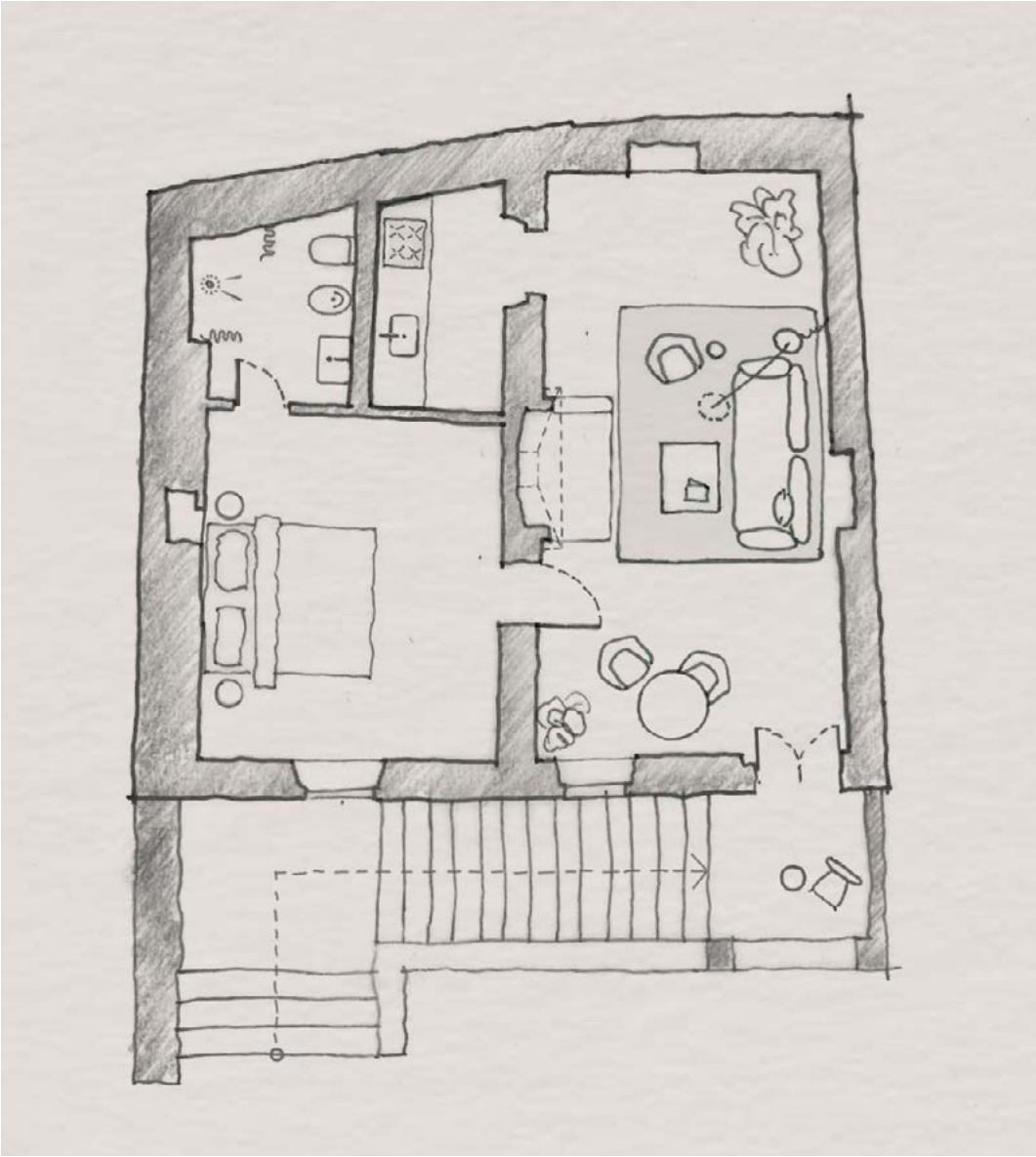
THE MAIN APARTMENT - 2 DOUBLE ROOMS WITH SHARED BATHROOM
Two double bedrooms in our spacious main apartment on the first floor, with a big shared bathroom with bathtub and a private terrace
Per person including Tai Chi 1.680 €
Per accompanying person without Tai Chi 1.280 €

Our special offer! In case all rooms are booked:

CAMPING - YOU LIKE TO SLEEP UNDER THE STARS?
Either you bring your tent to sleep in our olive grove or you spend the nights in your van, a shared bathroom with shower and toilet, a spacious living area and our kitchen on the ground floor are at your disposal.
Per person including Tai Chi 1.480 €
Per accompanying person without Tai Chi 980 €

Please find all the detailed information below!

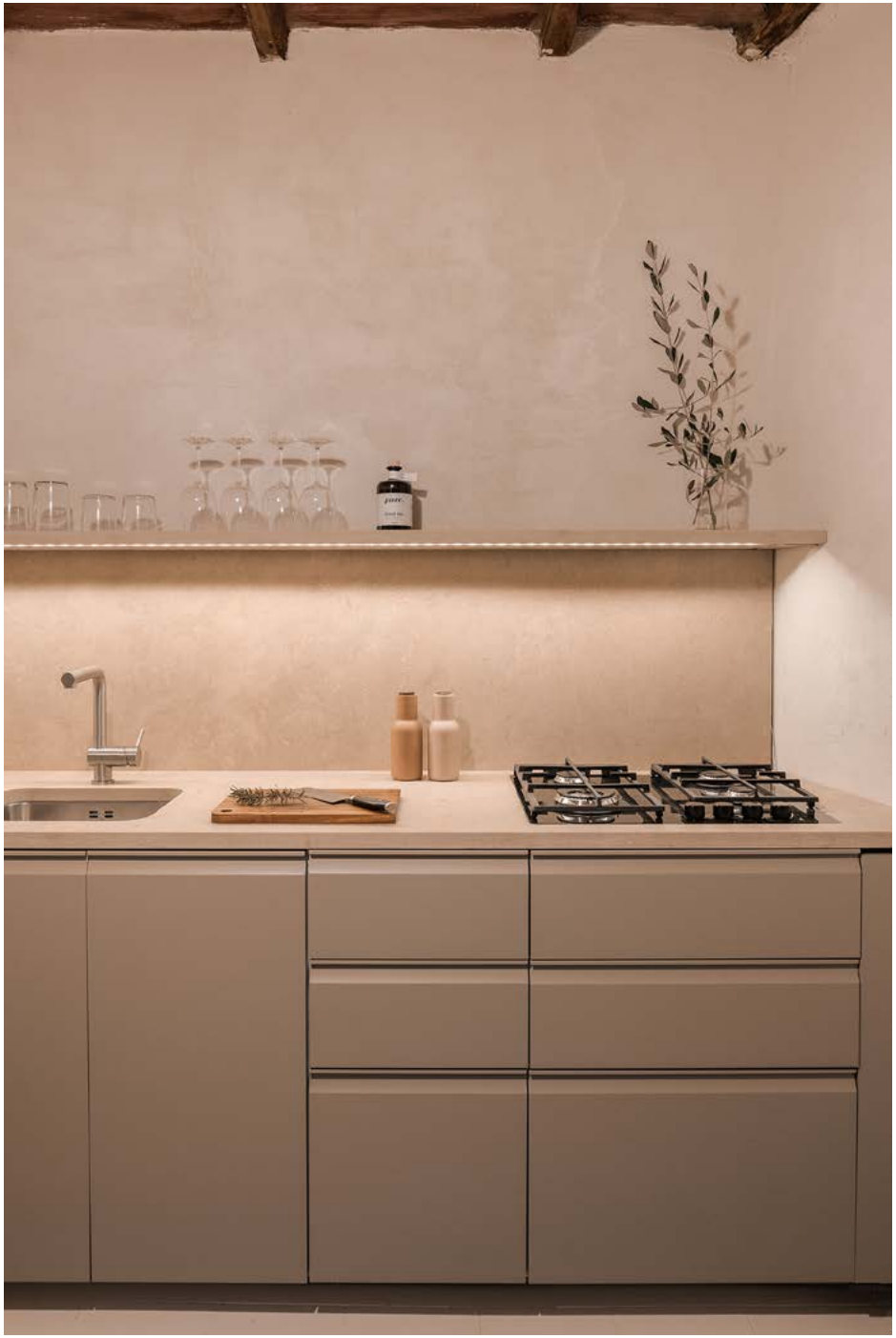
COLLE AI LECCI



SUITE APARTMENT PAOLO

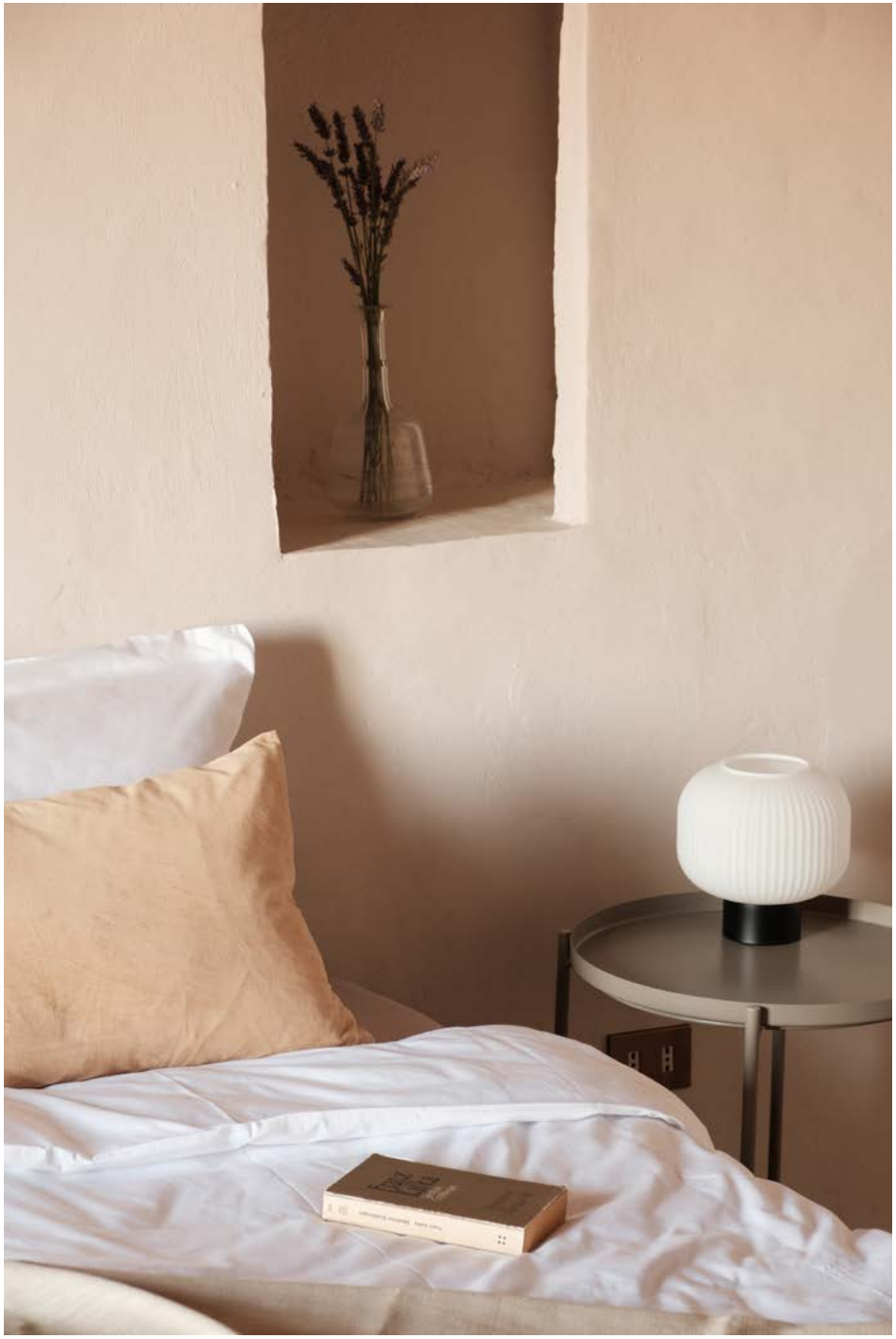
- Suite with 49 sqm
- situated on the first floor
- large living room with dining area
- fully equipped kitchen
- bedroom with double bed
- bathroom with shower
- private balcony

5 days all inclusive Tai Chi retreat (4 nights):
Per person including tai chi 1.960 €
Per accompanying person without tai chi 1.560 €



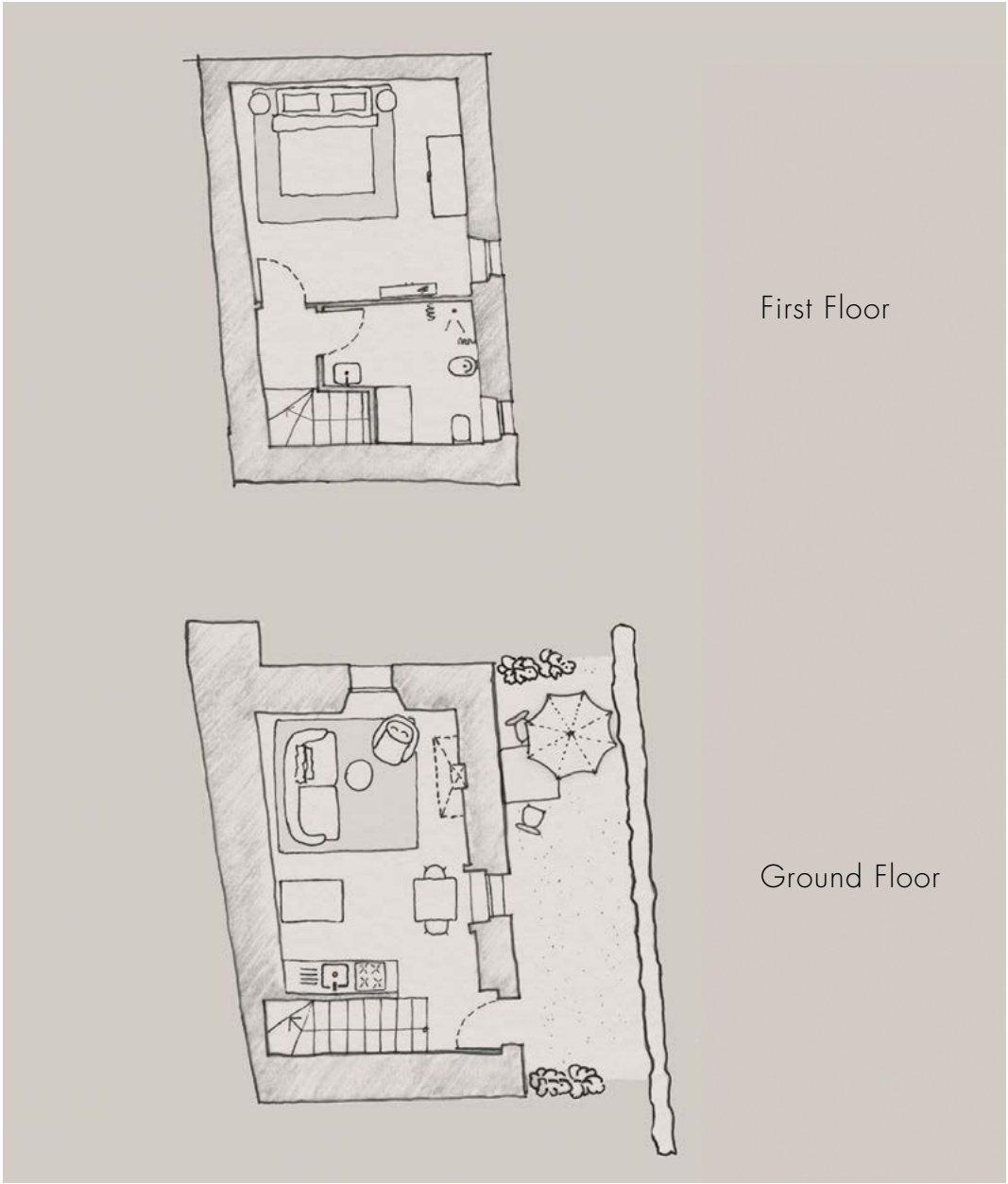
Apartment Paolo

Apartment Paolo




pure.
OLIVE OIL

COLLE AI LECCI



First Floor

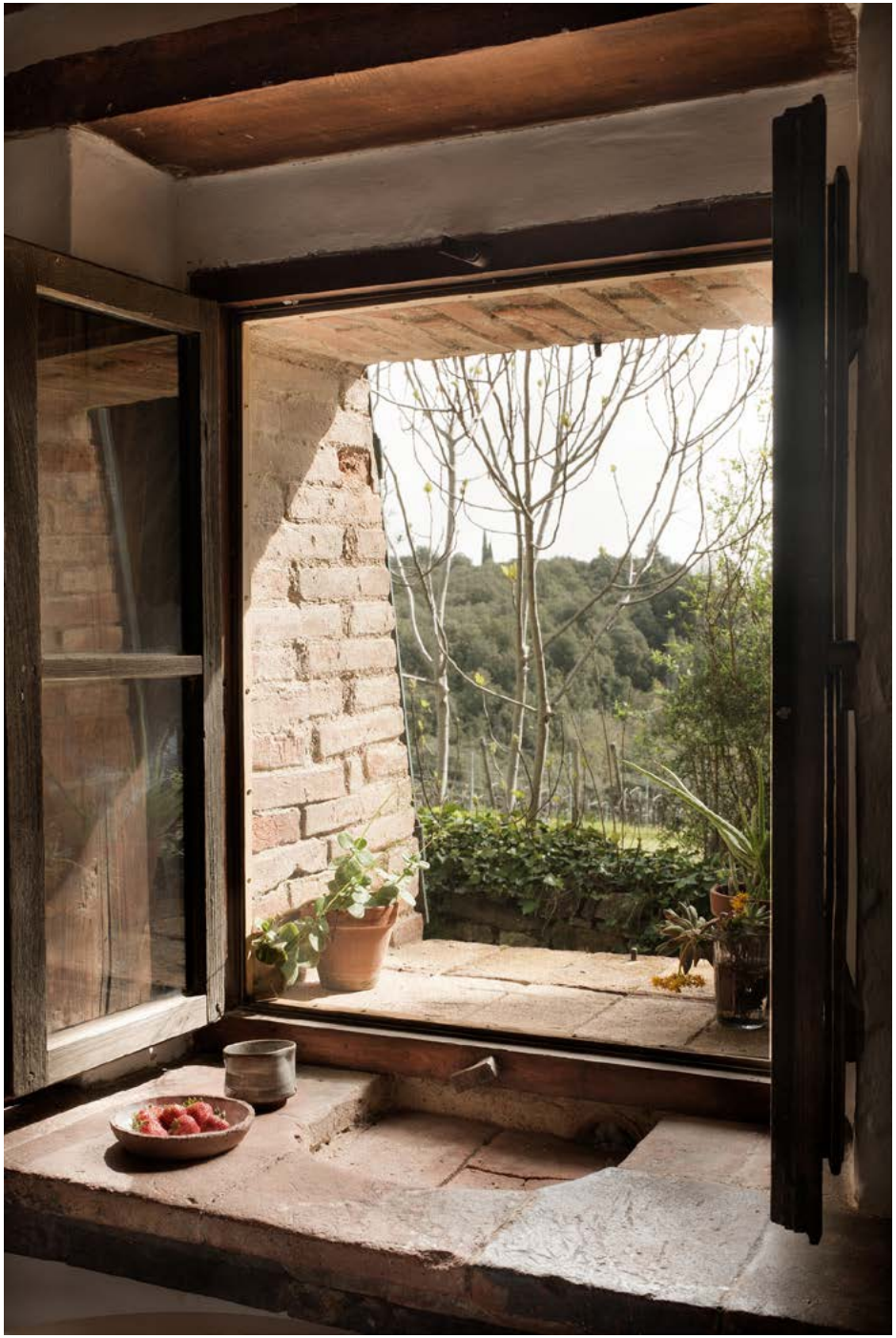
Ground Floor

2 - STOREY APARTMENT ANA

- garden apartment with 53 sqm
- ground floor & first floor
- living room with kitchen & dining area
- bedroom with double bed
- bathroom with shower
- private terrace
- outdoor dining area

5 days all inclusive Tai Chi retreat (4 nights):
Per person including Tai Chi 1.840 €
Per accompanying person without Tai Chi 1.440 €

Apartment Ana



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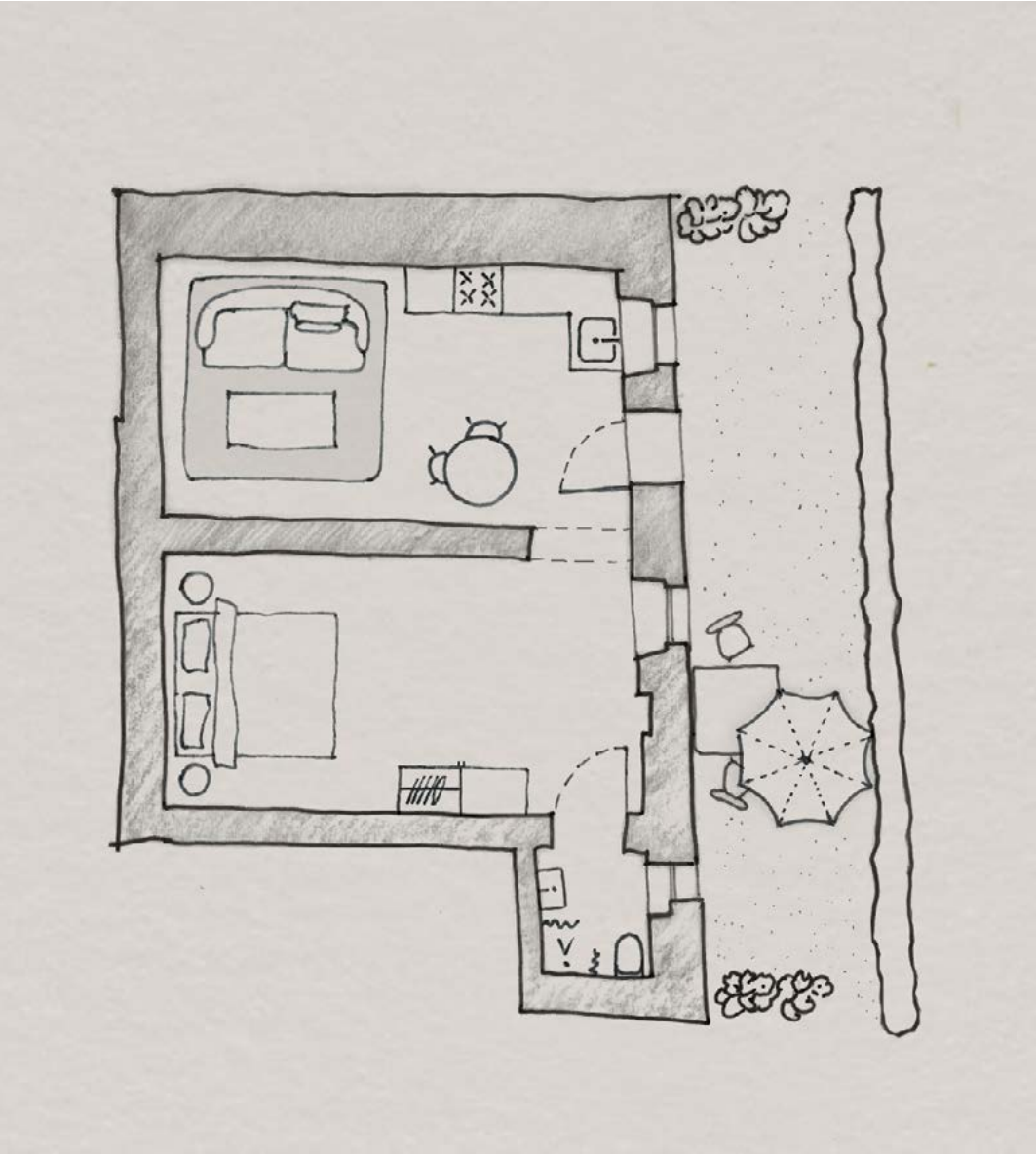
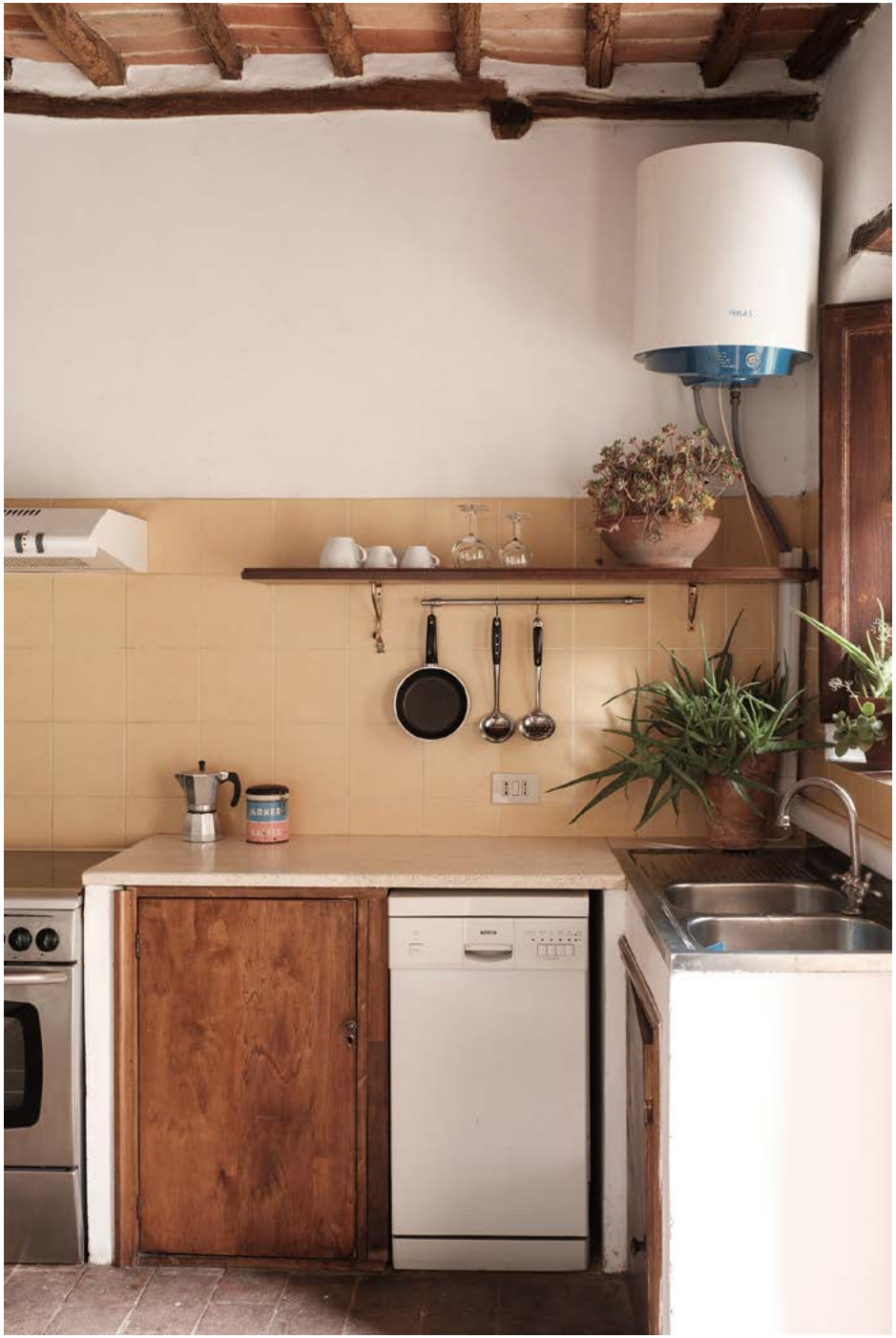


GARDEN APARTMENT MANU

- garden apartment with 41 sqm
- ground floor
- stair free
- living room with kitchen & dining area
- bedroom with double bed
- bathroom with shower
- private terrace
- outdoor dining area

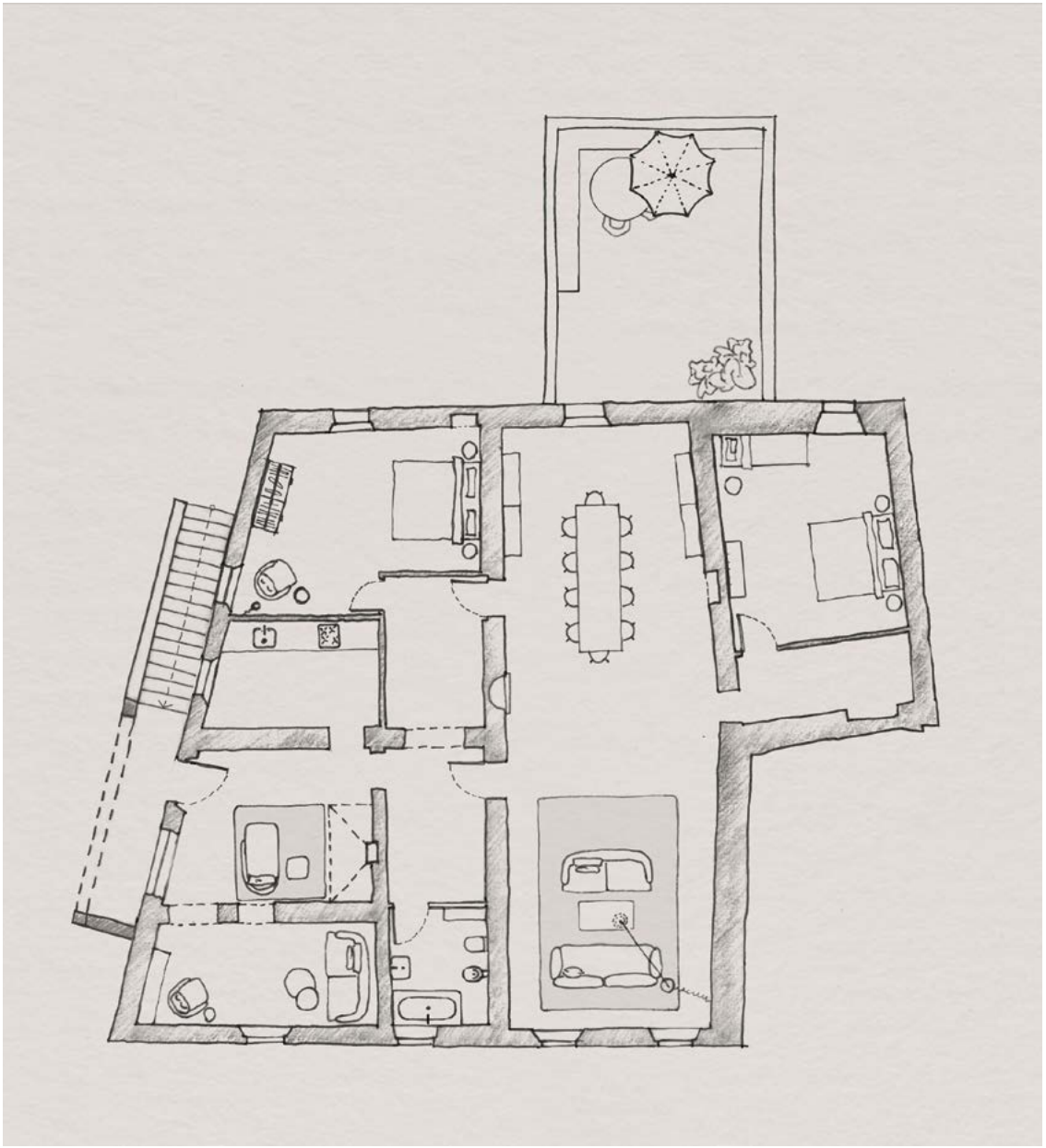
5 days all inclusive Tai Chi retreat (4 nights):
Per person including Tai Chi 1.760 €
Per accompanying person without Tai Chi 1.360



Apartment Manu

Apartment Manu

COLLE AI LECCI



MAIN APARTMENT

- 2 bedrooms with double beds
- in the main apartment 154 sqm
- first floor in the main building
- large fully equipped kitchen
- chimney room
- spacious living room & dining area
- bathrooms with bathtub
- large private terrace

5 days all inclusive Tai Chi retreat (4 nights):
Per person including Tai Chi 1.680 €
Per accompanying person without Tai Chi 1.280 €

COLLE AI LECCI

CAMPING

- you can park your van in a quiet place in our garden
- or set up your tent in the olive grove
- a shared bathroom with shower + toilet is at your disposal
- you can use the common kitchen and the spacious living area and our library
- wifi is available in different common areas

5 days all inclusive Tai Chi retreat (4 nights):
Per person including Tai Chi 1.480 €
Per accompanying person without Tai Chi 980

all prices include Italian VAT

COLLE AI LECCI

BOOKING INFORMATION
TERMS & CONDITIONS

THE RETREAT
The minimum number of participants is 6 persons. In case the minimum number of participants is not reached 8 weeks before the start of the retreat, we'll inform you immediately. A cancellation at this point would be free of charge. Of course, you can have your stay with us without the Tai Chi + fittness classes for a special rate.

BOOKING
booking directly at Colle ai Lecci via email:
hello@colleailecci.it
or via phone +39 377 598 2755

you can find further information about our property and activities on our website: www.colleailecci.it

COMMUNICATION
For a smooth way of communication between you and the workshop experts, we'll forward your name and email-address after your booking. In case you don't want us to do so, please let us know after you receive the booking confirmation.

CHECK IN - CHECK OUT
On the day of your arrival check in is possible in the afternoon from 14:00 to 18:00 or in special cases by telephone agreement.
In order for our housekeeping to be able to make the rooms spotless again, we would be grateful if you would check out your room by 10:00 am at the latest.

PAYMENT CONDITIONS
We kindly ask for a downpayment of 100% in advance on the day of your booking. Cancellation is possible with a 100% refund until 60 days before the scheduled check-in. Cancellation is possible with a 50% refund until 30 days before the scheduled check-in. We unfortunately cannot offer any refund in case of cancellation during the 30 days before the scheduled check-in.
All above-mentioned prices including Italian VAT.

DO YOU HAVE ANY QUESTIONS?
Please feel free to contact us. It's a pleasure to help you with any further information. We would be happy to welcome you at Colle ai Lecci in the heart of Tuscany!

Your hosts Ana & Nina

SEE YOU SOON

COLLE AI LECCI

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