



DHARMA  
SKILLS CAMP

A program designed for beginners, certified freedivers, or in the process of doing so, to correct technical errors, eliminate vices, and develop or put into practice the skills and proper technique that this sport demands. "Dharma Skills Camps include the three dimensions of freediving: dynamic, static, and depth. Throughout 6 days, you will not only train in the water, but you will learn to develop a comprehensive plan out of the water (Stretching, strength, and endurance exercises). In addition, we will advise you to include a proper eating plan.

### SCHEDULE

DINAMIC & STATIC				DEPHT				
Schedule	Day 1	Day 2	Day 3	Schedule	Day 4	Schedule	Day 5	Day 6
09:00 hrs	Registration - Introduction	Stretching		10:00 hrs	Departure to the cenote	07:00 hrs	Departure to the cenote	
10:00 hrs				11:15 hrs		08:15 hrs		
10:00 hrs	Stretching	Relaxation and visualization		11:30 hrs	Stretching, relaxation and visualization	08:30 hrs	Stretching, relaxation and visualization	
10:30 hrs				12:15 hrs		09:15 hrs		
10:30 hrs	Relaxation and visualization	Swimming pool technique Theory and practice DYNAMIC	Swimming pool technique Theory and practice STATIC	12:15 hrs	Entrance to the cenote Skills Evaluation	09:30 hrs	Depth Training	
11:00 hrs				14:15 hrs		11:30 hrs		
11:00 hrs	Evaluation Pool technique	Time to take a shower - Free access to the club's showers and locker rooms		14:30 hrs	Departure to the village	12:00 hrs	Departure to Mérida	
12:30 hrs				14:40 hrs		13:15 hrs		
12:30 hrs	Talk Breathing techniques			15:30 hrs	Lunch in a rural house Meals not included	13:30 hrs	Time to take a shower - Free access to the club's showers and locker rooms	
13:30 hrs	Talk Nutrition and apnea			15:30 hrs		Departure to Mérida		
14:30 hrs	Talk Stretching and apnea			16:45 hrs	Arrival at the club	14:30 hrs	Lunch Time : Meals not included	
14:30 hrs	Lunch Time : Meals not included			17:00 hrs		Individual Technique Analysis Videos of the day		
15:30 hrs	Individual Technique Analysis - Videos of the day		Equalization Techniques Workshop	18:00 hrs	Individual Technique Analysis Videos of the day	15:30 hrs	Individual Technique Analysis - Videos of the day	
16:30 hrs								

### WHAT'S INCLUDED

- First-class facilities, semi-Olympic pool, locker rooms, and showers.
- Evaluation, technique correction, development strategies, and progress by objectives in the three areas that integrate this sport: Dynamic Apnea, Static Apnea, and Depth Apnea.
- Personalized follow-up
- Talks with specialists
- Theoretical and practical sessions.
- Small groups and certified instructors Molchanovs.
- Round trip transportation to the cenotes on depth days.
- Entrance fee to the cenotes.
- Professional safety equipment (buoys, lines, stoppers, pulley systems, lanyards).

### REQUIREMENTS

- Minimum age 16 years old. Minors must present themselves with their parents or guardians with the following completed and signed form, authorizing them to train and practice this sport. Download file here: <https://dharmafreediving.com/wp-content/uploads/2021/10/Minors-Authorization.pdf>
- Fill out and submit the signed "Letter of Release of Liability and Acceptance of Risks." Download file here: <https://dharmafreediving.com/wp-content/uploads/2021/09/Liability-Release-DHARMA.pdf>
- Fill out and submit the signed "Medical Questionnaire," it is essential to consult your doctor. Download file here: <https://dharmafreediving.com/wp-content/uploads/2021/09/Medical-Questionnaire-DHARMA.pdf>

### EQUIPMENT

Essential equipment				Optional equipment			
1	Low volume mask	5	Rubber weight belt	1	Goggles		
2	Snorkel	6	Lanyard	2	Nose Clip		
3	Wetsuit	7	Yoga mat	3	Weights		
4	Long fins			4	Neck Weight		

If you need advice to acquire your equipment, or rent it, please contact us, we will be glad to help you!

Technical data sheet: <https://dharmafreediving.com/wp-content/uploads/2021/10/Technical-data-sheet.pdf>

**DON'T FREEDIVE ALONE; SOMEONE MUST ALWAYS SUPERVISE YOU.**