



**DHARMA**  
FREEDIVING ACADEMY



CERTIFICATION COURSE  
BEGINNERS



## INTRODUCTION

**You are about to discover the underwater world most naturally:  
holding your breath.**

This course is a fun and relaxed experience with a strong focus on becoming a safe freediver. You will understand what happens to your body when you hold your breath, how to prepare yourself mentally, and the basics of how to do it most efficiently.

At the end of the course, you should be able to dive safely and comfortably between 12 and 20 meters, the depth limit established for this level. Experience both the use of fins and pulling a rope to descend. You will also learn distance disciplines in the pool, with and without fins, always focusing on technique and efficiency.

You will learn the physical laws that act on your body and their implications in the water. You will learn to set up your buoyancy using weights for dynamic freediving in the pool and deep freediving in cenotes or open water. You will learn the necessary equalization techniques and how to perform them properly to mitigate the effects of pressure on your ears.

You will understand basic physiology concepts, what happens with oxygen and carbon dioxide's role during diving. And your body's adaptation to this challenging environment to reach its maximum potential.

We will teach you how to minimize the use of your energy to make your breathing more efficient and relaxation and visualization techniques to prepare you mentally to execute your dives with greater ease.

Safety is imperative, so a large part of the course is learning how to dive with a buddy, perform rescue procedures and prevent possible injuries. In addition, you will learn technical issues of specific freediving equipment to use it correctly, train, and progress through continuous development of your skills.

**Freediving is a lifelong learning experience; yours starts here.**



### PROGRAM

MOLCHANOV'S CERTIFICATION					
Schedule	Day 1	Schedule	Day 2	Schedule	Day 3
		07:00 hrs	Stretching	07:00 hrs	Departure to cenote
		07:30 hrs	Relaxation & Visualization	08:15 hrs	Arrival to cenote
09:00 hrs	Registration Program start	08:00 hrs	Static skills evaluation Practical pool session	08:30 hrs	Stretching Relaxation & Visualization
10:00 hrs		09:30 hrs		09:00 hrs	
10:00 hrs	Dynamic skills evaluation Practical pool session	09:30 hrs	Time to take a shower Free access to showers and dressing rooms	09:00 hrs	Depht Practical session
12:30 hrs		10:00 hrs		11:00 hrs	
12:30 hrs	Time to take a shower Free access to showers and dressing rooms	10:00 hrs	Departure to cenote	11:30 hrs	Departure to Méridia city
13:00 hrs		11:15 hrs	Arrival to cenote	12:45 hrs	Arrival to the academy
13:00 hrs	1st. Theory Session	11:30 hrs	Stretching Relaxation & Visualization	13:00 hrs	Time for lunch Meals NOT INCLUDED
14:30 hrs		12:00 hrs		14:00 hrs	
14:30 hrs	Time for lunch Meals NOT INCLUDED	12:00 hrs	Depht skills evaluation Practical session	14:00 hrs	4th. Theory Session
15:30 hrs		14:00 hrs		15:30 hrs	
15:30 hrs	2nd. Theory Session	14:30 hrs	Departure to Méridia city	16:00 hrs	Online Theoretical Exam
17:00 hrs		15:45 hrs	Arrival to the academy	17:00 hrs	
		16:00 hrs	Time for lunch Meals NOT INCLUDED	18:00 hrs	Analysis of Results Closure of the certification
		17:00 hrs		17:00 hrs	
		17:00 hrs	3rd. Theory Session		
		18:00 hrs			

### WHAT'S INCLUDED

- First-class facilities, semi-Olympic pool, locker rooms, and showers.
- Registration and access to the Molchanovs Dashboard.
- Wave1/Lap1 digital course manual
- Theoretical and practical sessions.
- Small groups and certified Molchanovs instructors.
- Round trip transportation to the cenotes on the days of depth.
- Entrance fee to the cenotes.
- Professional safety equipment (buoys, lines, stoppers, pulley systems, lanyards).
- Molchanovs certification with official international validity **if you pass the final knowledge exam and meet the skills standard established by Molchanovs.**

### 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.**

## 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>

## SPECIFIC REQUIREMENTS

- Be in good health
- Be able to swim 200m without stopping in the pool.

## REQUIREMENTS TO APPROVE

### Theory

- Final online knowledge exam

### Swimming pool skills

- STA 1 minute 30 seconds
  - DYNB 25 meters

### Open water or cenote skills

- CWTB & FIM 12 to 20 meters
- CWTB Buddying 6 to 10 meters
- Rescue from 6 to 10 meters

## TECHNICAL GLOSSARY

**Wave:** Certification in Apnea for depth.

**Lap:** Certification in Apnea for pool distance.

**STA:** Static Apnea, time without breathing without movement.

**DYN:** Dynamic freediving, pool distance.

**DYNB:** Dynamic apnea with fins in the pool.

**CWT:** Constant weight in depth.

**CWTB:** Constant weight with fins at depth.

**FIM:** Free Immersion, pulled by a rope.

**Buddying:** Buddy system, safety.

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