



**DHARMA**  
FREEDIVING ACADEMY



**CERTIFICATION COURSE  
ADVANCED**



## INTRODUCTION

**Freediving is not only a sport; it is also a way to understand who we are.**

As an advanced freediver, you will further increase your limits in all disciplines up to a depth of 30 m, become much more efficient in finless techniques, and learn to use the monofin, which is the fastest and most powerful way to navigate the underwater world.

We will take a journey through the history of freediving. You will discover how it all started, where, why, and how we got to the modern freediving world today.

You will delve into the physics of freediving, understand laws such as Dalton's and Henry's, and how they relate to safe freediving. We will go into more detail about the depth and distance dives. You will understand our bodies' main differences and adaptations to continue your training in breathing and relaxation methods. Also, you will improve the Frenzel equalization technique with exercises, tips, and expert guidance.

As you progress through the skill set, techniques, and performance, you will also increase mental training awareness by introducing mindfulness techniques adapted to different contexts.

You will learn about the injuries that can occur to the middle ear, inner ear, sinuses, and lungs when freediving, known as barotraumas, and how to prevent and treat them.

Safety upgrades to another level by deepening your understanding of blackouts and decompression sickness; you will learn how to avoid them, as well as new advanced rescue techniques.

**Freediving is a lifestyle; it means being in the here and now.**



### 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	18:00 hrs	Analysis of Results Closure of the certification
		17:00 hrs	Meals NOT INCLUDED	17:00 hrs	
		17:00 hrs	3rd. Theory Session		
		18:00 hrs			

### WHAT'S INCLUDED

- First-class facilities, semi-Olympic swimming pool, locker rooms, and showers.
- Registration and access to the Molchanovs Dashboard.
- Digital manual of the Wave2/Lap2 course.
- Theoretical and practical sessions.
- Small groups and Molchanovs certified instructors.
- Round trip transportation to the cenotes on depth days.
- Entrance 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

- Wave1/Lap1 to Lap2 certificate
- Wave1 to Wave 2 Certificate
- Or complete crossover evaluation

## REQUIREMENTS TO APPROVE

### Theory

- Final online knowledge exam

### Swimming pool skills

- STA 2 minutes 30 seconds
  - DYNB 50 meters
  - DNF 35 meters

### Open water or cenote skills

- CWTB & FIM 24 to 30 meters
  - CNF 15 meters
- CWTB Buddying 10 to 15 meters
  - Rescue from 15 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.

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