



DHARMA  
CENOTE

Do you live in Merida, or are you visiting Merida and need to train freediving? We offer you to do it within an adequate safety scheme, with the best equipment and accompanied by a certified instructor. And what better place to do it than in a cenote! Contact us!

### SCHEDULE

DEPHT APNEA	
Schedule	Saturday or Sunday
08:00	Departure to cenote
09:15	Arrival to cenote
09:45	Theory and stretching session
11:00	Start depth training
13:00	Exit from the cenote
13:45	Return to Merida city
15:00	Arrival at meeting point

### WHAT'S INCLUDED

- Stretching session
- Small groups and certified Molchanovs instructors
- Advice and identification of areas of opportunity
- Round trip transportation to the cenotes
- Entrance to the cenote
- 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

1	Low volume mask	5	Rubber weight belt	If you need advice to acquire your equipment, or rent it, please contact us, we will be glad to help you!
2	Snorkel	6	Weights	
3	Wutsuit	7	Lanyard	
4	Long fins	8	Yoga mat	

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

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