



DHARMA
DEPHT 4 PROGRAM

Freediving is a discipline that requires a balance between mind, body, and emotions. Are you passionate about contact with nature and the aquatic world? Would you like to train as a deep diver, but you can only dedicate Saturdays to it? Then, Depth 4 Program offers you the opportunity to do it with a tailor-made plan.

PROGRAM

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 sessions.
- Development plan and personalized follow-up, evaluations, and progress by Deep Free Diving objectives (CWTB-FIM-NFC).
- Theoretical sessions.
- Small groups and certified instructors Molchanovs.
- Possibility of becoming a certified professional freediver Molchanovs (WAVE) through development plans established to your needs.
- Round trip transportation to the cenotes.
- 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

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, YOU MUST ALWAYS BE SUPERVISED BY SOMEONE.