



790 USD Monthly

Suppose you try to keep fit and have a balanced diet, and believe that mental work is essential to improve your life. In addition, you likes testing yourself through sports and enjoy water activities. In that case, we designed this program for someone like you.

PROGRAM

DYNAMIC AND STATIC APNEA					
Morning schedule	Afternoon schedule	Tuesday	Wednesday	Thursday	Friday
07:00 hrs	19:00 hrs	Stretching	Stretching	Stretching	Stretching
07:45 hrs	19:45 hrs				
08:00 hrs	20:00 hrs	Strength & endurance	Relaxation & visualization	Strength & endurance	Strength
08:45 hrs	20:45 hrs				
09:00 hrs	21:00 hrs	Endurance and technique DYNB	Distance DYNB	Distance DNF	STA
10:00 hrs	20:00 hrs				
It's important that you choose a training schedule, the groups are small and you must reserve your place.					

DEPHT APNEA			
Schedule	Saturday & 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		

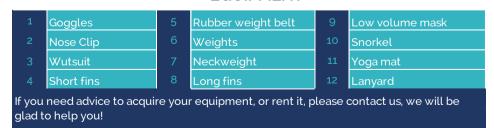
WHAT'S INCLUDED

- Entrance and use of all club facilities during training hours and the rest of the day during the club's
- Development plan and personalized follow-up, evaluations, and progress by objectives in the three areas that integrate this sport: Dynamic Apnea, Static Apnea, and Deep Apnea.
- Stretching sessions and muscular work in the gym (integrated weight, free weight, and functional) to strengthen and develop skills.
- Theoretical and practical sessions.
- Small groups and certified Molchanovs instructors.
- Possibility to become certified as a professional Molchanovs freediver (WAVE/LAP) through tailormade development plans.
- Round trip transportation on weekends 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



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

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





