



DHARMA
FULL PROGRAM

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 like testing yourself through sports and enjoy water activities. In that case, we designed this program for someone like you.

PROGRAM

DYNAMIC AND STATIC APNEA						DEPHT APNEA	
Morning schedule	Afternoon schedule	Tuesday	Wednesday	Thursday	Friday	Schedule	Saturday & Sunday
07:00 hrs	19:00 hrs	Stretching	Stretching	Stretching	Stretching	08:00	Departure to cenote
07:45 hrs	19:45 hrs					09:15	Arrival to cenote
08:00 hrs	20:00 hrs	Strength & endurance	Relaxation & visualization	Strength & endurance	Strength	09:45	Theory and stretching session
08:45 hrs	20:45 hrs					11:00	Start depth training
09:00 hrs	21:00 hrs	Endurance and technique DYNB	Distance DYNB	Distance DNF	STA	13:00	Exit from the cenote
10:00 hrs	20:00 hrs					13:45	Return to Merida city
It's important that you choose a training schedule, the groups are small and you must reserve your place.						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 operating hours.
- 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 tailor-made 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

1	Goggles	5	Rubber weight belt	9	Low volume mask
2	Nose Clip	6	Weights	10	Snorkel
3	Wetsuit	7	Neckweight	11	Yoga mat
4	Short fins	8	Long fins	12	Lanyard

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.