



DHARMA

Discovery Apnea

Do you live in Merida, or are you visiting and would like to live an experience that allows you to have an approach to this sport and discover what deep diving is all about? Then this is the program for you! You don't need to have experience or be certified; the only requirement is to know how to swim. We offer you to live a unique experience, with certified instructors, in a safety scheme that will allow you to discover a new world underwater.

SCHEDULE

DISCOVERY 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

- Round trip transportation to the cenote
- Small groups and certified Molchanovs instructors
- Theoretical session and stretching
- Entrance to the cenote
- Professional safety equipment (buoys, lines, stoppers, pulley systems, lanyards)
- Wetsuit, mask, snorkel and fins

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>

WHAT TO BRING

1	Swimsuit	DO NOT bring repellent, sunscreen or any type of skin product. Help us to minimize the impact on the cenotes and preserve these wonderful ecosystems.
2	Towel	
3	Aquashoes	
4	Thermo water	

Try to have a light breakfast, "no dairy", no coffee and bring a consistent snack for the way back, after freediving you get very hungry.

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

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