



DHARMA

LAP FULL PROGRAM

Are you passionate about the water and would like to practice dynamic and static freediving in a comprehensive program that allows you to develop the skills and techniques that this sport demands? Do you have the time to integrate it into your daily routine (Monday through Friday)? Then, this program is the right one for 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.

### WHAT'S INCLUDED

- Entrance and use of all club facilities during training hours and the club's operating hours.
- Development plan and personalized follow-up, evaluations, and progress by Dynamic Apnea and Static Apnea objectives.
- Stretching sessions and muscle work in the gym (integrated weight, free weight, and functional) for your strengthening and skill development.
- Theoretical and practical sessions.
- Small groups and certified Molchanov instructors.
- Possibility to become certified as a professional Molchanovs freediver (LAP) through development plans tailored to your needs.

### 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	Wutsuit	7	Neckweight	11	Yoga mat
4	Short fins	8	Long fins		

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, YOU MUST ALWAYS BE SUPERVISED BY SOMEONE.**