



DHARMA

PISCINA (DYN)



We offer you to train in our magnificent facilities, within an adequate safety scheme and the accompaniment of a certified instructor. He will support and advise you in developing your skills in any of the three disciplines that make up dynamic freediving.

## SCHEDULE

DYNAMIC APNEA		
Morning schedule	Afternoon schedule	Tuesday to Friday
07:00 hrs	19:00 hrs	Stretching
07:45 hrs	19:45 hrs	
08:00 hrs	20:00 hrs	Relaxation & visualization
08:45 hrs	20:45 hrs	
09:00 hrs	21:00 hrs	Training
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

- Admission and use of all club facilities during training and the rest of the day during club operating hours
- Stretching session
- Relaxation and visualization techniques
- Small groups and certified Molchanovs instructors
- Training plan based on the goals you want to achieve
- Safety scheme

## 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; SOMEONE MUST ALWAYS SUPERVISE YOU.**