



DHARMA
PISCINA (STA)

Undoubtedly, static apnea is a discipline that requires high mental and emotional control. So, first of all, you need an adequate safety and coaching scheme to train and achieve to increase your times and goals without this meaning a risk. That is why at Dharma, we offer you, in addition to excellent facilities, certified instructors, and trained people so you can enjoy your process and focus only on this without worries.

SCHEDULE

STATIC APNEA		
Morning schedule	Afternoon schedule	Tuesday to Friday
08:00 hrs	08:00 hrs	Stretching
08:30 hrs	08:30 hrs	
08:30 hrs	08:30 hrs	Relaxation & visualization
09:00 hrs	09:00 hrs	
09:00 hrs	09:00 hrs	Static Session
10:00 hrs	10:00 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 and the rest of the day during the club's 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	Low volume mask and Snorkel	or	Goggles and Nose Clip	If you need advice to acquire your equipment, or rent it, please contact us, we will be glad to help you!
2	Wetsuit	3	Yoga mat	
4	Headphones and the music that relaxes 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.