

FREEDIVER WORKSHOP

DISCOVER

GOZO AZUL

*Freediving is as much a journey into ourselves as it is into nature
Come and learn how to unlock the mysteries of the ocean on just a single breath*

Fullfill your dreams of learning about the wonders of the ocean with us & together we come home safely! We offer daily scuba diving from beginners to pro divers.

Cost per person: R 3900 / 18000mts

Duration: 4 full days

Date: 9 - 13 May 2022

Come join us on this special adventure to become a freediver.

Description:

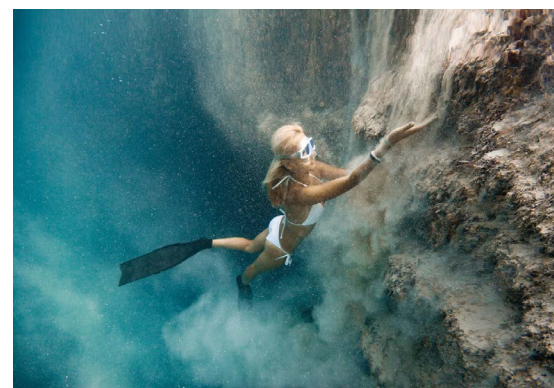
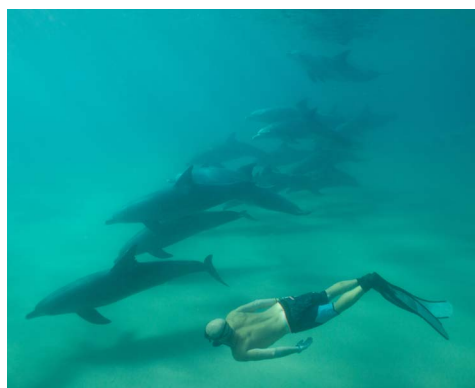
Freediving is about inward power, discipline and control. If you've always wanted to enter the underwater world quietly, on your own terms, staying as long as your breath allows, then freediving is for you. Taking the Freediver course is your first step toward discovering why freediving is becoming a popular way to explore beneath the waves.

To enroll in a Freediver course you must be at least 15 years old. You need adequate swimming skills and need to be in good physical health. No prior experience with snorkeling, skin diving or freediving is required.

Itinerary:

Day One

- Introduction to the physiology of Freediving.
- Introduction to the layers of safety concept and the GAR mindset.
- How to gear up, mask, snorkel, fins, suit and weights including ideal surface buoyancy for Freediving.
- Understanding buoyancy when Freediving.
- How to prevent masks leaking and fogging up and to prevent fins chaffing.
- Understanding how a dive buoy is set up.
- Eliminate bad habits before they start.



Please email us for more information.

+258 844516110

natalie@gozo-azul.co.za

www.gozo-azul.co.za

FREEDIVER WORKSHOP

DISCOVER

GOZO AZUL

*Freediving is as much a journey into ourselves as it is into nature
Come and learn how to unlock the mysteries of the ocean on just a single breath*

Fullfill your dreams of learning about the wonders of the ocean with us & together we come home safely! We offer daily scuba diving from beginners to pro divers.

- Breath up and how to take a breath.
- Understanding the gas exchange in your body while holding your breath.
- How to recover quickly after holding your breath.
- Duck dive.
- Introduction to Free Immersion (using a line).
- Equalising.
- 2m rescue dive with deep-water resuscitation.

Day two:

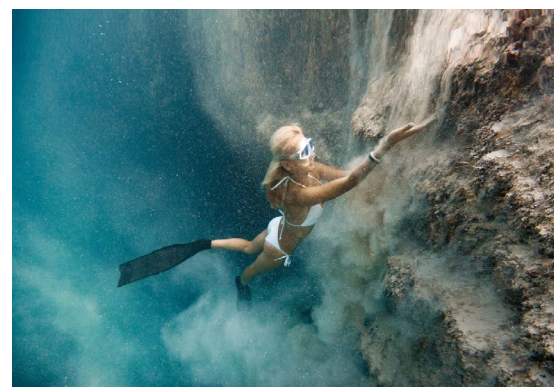
- Free Immersion.
- Introduction to finning.
- Introduction to constant weight.
- 5m rescue dive with deep water resuscitation.
- Introduction to the broad concept of interaction with marine wildlife.

Day three:

- Free Immersion on the line up to 15m.
- Constant weight off the line up to 15m.
- Fins free dive off the line up to 10m.
- Mask removal 5m.
- Introduction to marine interaction with some dolphin and shark species (Bottlenose, Raggie, Bull and Tiger).

Day 4

- Interaction with marine wildlife.
- Constant weight off the line up to 15m with a 30 second hang.
- Free Immersion on the line up to 20m with a 5 second hang.



Please email us for more information.

+258 844516110

natalie@gozo-azul.co.za

www.gozo-azul.co.za