

# LIFESTYLE *freediving* COURSE

This is an inspiring course- for girls- offered by Hanli Prinsloo and Annelie Pompe on the beautiful island of Hälsö in the West Swedish Archipelago. We will discuss nutrition, mental training, yoga and yogic principles, the secrets to deeper dives and much more. A full lifestyle revolution: practical diving sessions in the North Sea off the jetty, yoga sessions specialised for freediving and even cooking sessions, preparing your body inside and out for freediving.

## *diving into yourself*

This very unique course consists of one evening and two full days starting with in depth freediving adapted yoga sessions where you will learn more about breathing, relaxation and lung stretching. You will learn which muscles are specifically important to freediving and how to identify, strengthen and stretch them.

During this course, we will help you to make the beauty of freediving a part of your life, your way of thinking. During the weekend we will take more in depth look at freediving physics and physiology:

- The mammalian dive reflex- the adaptations of the human body
- How to rescue a freediver in trouble- the buddy system
- Getting to know your limits- what is an LMC / SAMBA / Shallow water blackout
- How do your thoughts affect your performances and your choices, changing your thought-patterns

We will have several practical sessions, both in shallow and deep water, we will look at:

- Breathing and relaxation techniques - the mind of freediving
- Static Apnea - the psychology of breath hold, understanding your physical experiences
- Dynamic Apnea - the perfect bouyancy, technique and hydrodynamics for horizontal fin-swimming



The open water sessions will be done in the green waters of the North Sea. You will learn to dive anywhere between 5 and 20 metres. Here you will practice the disciplines constant weight and free immersion - technique training, safety and rescue procedures. You will also have the opportunity to train deeper dives and develop your apneic ability with more advanced warm-ups and mental training.



*This is a certified AIDA International two star freediving course*