

FROM 3RD TO 7TH DECEMBER 2018 DAHAB FREEDIVERS

INCREASE YOUR DEPTH, IMPROVE YOUR SKILLS AND LEARN NEW TECHNIQUES WITH ONE OF THE MOST CHARISMATIC AND STRONGEST FREEDIVERS IN THE WORLD

From 3rd to 7th of December 2018, professional freediver Miguel Lozano, the second deepest Freediver in the World in Free Immersion, organize a Freediving Training Camp in DAHAB in the facilities of DAHAB FREEDIVERS.

The course based mainly on Free Immersion, Constant Weight with fins and Constant Weight without fins, will go through theory and practise. Deep equalization, Mouthfill, exhale diving, relaxation and mental barriers, will be the main topics of the course.

Doesn't matter your level. This course is from begginers to competitors. Miguel will work individually in every students needs.

INFO:

- The water temperature is around 24/25°C
- · Medical Certificated required
- 3mm or 5mm Suit is required
- · If you need any freediving equipment you can rent from the Center.
- We will meet Monday 3rd at 9:00am at the Freediving Center (DAHAB FREEDIVERS)

Includes:

- Transfer from/to Airport Sharm el Sheikh/Dahab
- 6 days accommodation (Red Sea Relax) Double Room with aircon and breakfast
- Training sessions in Blue Hole (taxi included). Base on deep equalization training (mouthfill)
- Daily Theory session and morning stretching

*PRICE FULL Training Camp:

490€ (with transfer Airpot Sharm/Dahab/Sharm and accommodation) **50€ supplement for single room Food and flights are not included

*PRICE ONLY Training Camp:

330€ (5 days training) Food and flights are not included

For information & Booking:

info@dahabfreedivers.com miquel@miquelozano.com









MONDAY 3RD OF DECEMBER

8:30 Presentation of the course

9:30 Taxi Blue Hole

10:00 Blue Hole Stretching

10.45 Blue Hole First Session (adaptation day FIM + CWT)

12:15 Rest

12.45 Blue Hole Second Session (adaptation day FIM + CWT)

14:15 Lunch

15:30 Taxi Dahab

19:00 Video Analysis Technique

TUESDAY 4TH OF DECEMBER

8:30 Theory Frenzel & Mouthfill

9:30 Taxi Blue Hole

10:00 Blue Hole Stretching

10.45 Blue Hole First Session (Mouthfill exercises + Technique FIM & CWT bifins)

12:15 Rest

12.45 Blue Hole Second Session (Mouthfill exercises + Technique FIM & CWT bifins)

14:15 Lunch

15:30 Taxi Dahab

WEDNESDAY 5TH OF DECEMBER

8:30 Theory (Exhale Diving + Depth STA)

9:30 Taxi Blue Hole

10:00 Blue Hole Stretching

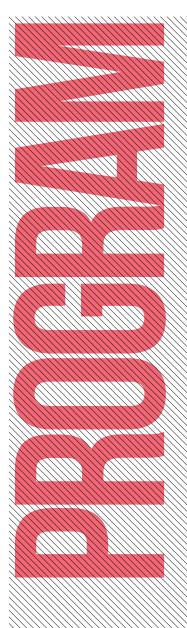
10.45 Blue Hole First Session (Exhale Diving + Depth STA exercises)

12:15 Rest

12.45 Blue Hole Second Session (Exhale Diving + Depth STA exercises)

14:15 Lunch

15:30 Taxi Dahab



THURSDAY 6TH OF DECEMBER

8:30 Theory (Constant Pressure Mouthfill + CNF)

9:30 Taxi Blue Hole

10:00 Blue Hole Stretching

10.45 Blue Hole First Session (Constant Pressure Mouthfill exercises + CNF)

12:15 Rest

12:45 Blue Hole Second Session (Constant Pressure Mouthfill exercises + CNF)

14:15 Lunch

15:30 Taxi Dahab

19:00 Video Analysis Technique

FRIDAY 7TH OF DECEMBER

9:00 Taxi Blue Hole

9:30 Blue Hole Stretching

10.15 Blue Hole Session (Variable Weight + Deep dive)

12:15 Rest

12:30 Lunch

14:00 Taxi Dahab

17:00 Dessert Dinner