

# MIGUEL LOZANO

## DEEP CAMP



**Cenotes - Mexico**  
**FEBRUARY 2024**

ENHANCE YOUR EXPERTISE AND MASTER NEW TECHNIQUES  
ALONGSIDE ONE OF THE WORLD'S MOST SKILLED AND ENJOYABLE  
FREE DIVERS, ALLOWING YOU TO DELVE INTO GREATER DEPTHS.





# FREEDIVE CAMP

· FEBRUARY 7 TO 11 ·

The goal of this camp is to focus on four distinct aspects of deep diving, enabling you to make significant progress in the long term:

**TECHNIQUE - DEEP EQUALIZATION - ADAPTATION - LONG DIVES**



## MIGUEL LOZANO

A top-ranked professional freediver in the free immersion discipline (-122m), joins us for the third edition in the stunning cenotes. With a decade of teaching experience, he emphasizes fun, relaxation, and attention to detail to help you achieve greater depths. He believes in removing seriousness to enhance the overall experience.

## CENOTES

The cenotes, with their perfect conditions, are becoming a top choice for freediving training. We've trained in these amazing places for 8 years and haven't found a better location yet! Dive into the sacred underwater world cherished by the Mayans.



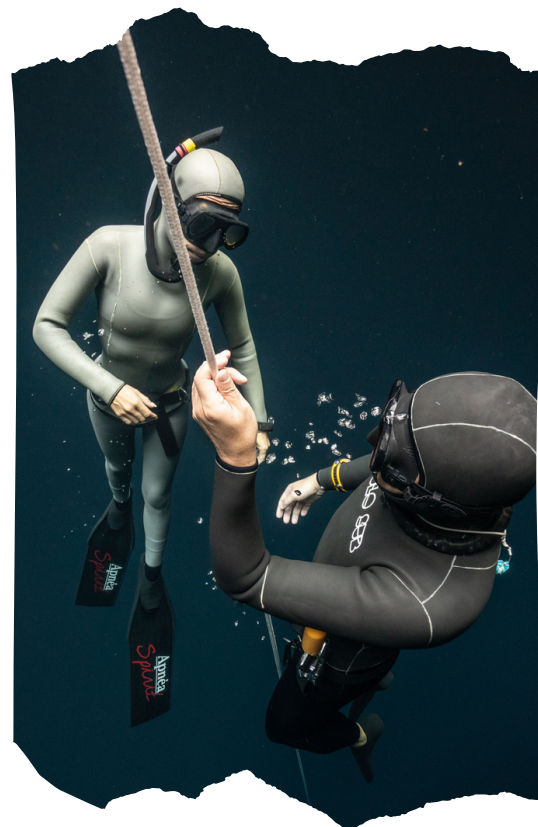
# THE CAMP

The camp will be based at our shop, a fantastic facility for classes, before heading out to the cenotes. Over the course of four days, we will blend theory and dry practice, complemented by a daily water session in the cenote.

The instruction will be personalized to your level and progression, with constant guidance from Miguel and Amancay's instructors. Topics covered include:

**Static Training**  
**Deep equalization**  
**FRC diving**  
**Relaxation**  
**Extended dive times**  
**Deep stretching**  
**Visualization**

You can train in any discipline you wish to improve.



**VALUE ~~930~~ USD**

**DISCOUNT VALUE 790USD**

#### **INCLUDES**

5 Days Training Camp.  
Transportation from the shop.  
Entrees & Park fees.  
snacks & water.  
Freediving Equipment.

#### **DOES NOT INCLUDE**

Lunch  
Accommodation.  
Flights.  
Dinner.  
Tips.





# BEFORE & AFTER



Before the camp, join us in Mexico for a memorable experience! Whether you want to train, dive in the ocean, explore cenotes, or try scuba diving, we've got you covered.

## ADVANCED SKILLS WORKSHOP

IF YOU ARE A BEGINNER FREEDIVER, WE RECOMMEND TAKING A WORKSHOP TO ACQUAINT YOURSELF WITH THE ADVANCED ASPECTS THAT WILL BE COVERED DURING THE CAMP. THIS WILL HELP YOU FEEL MORE COMFORTABLE AND PREPARED FOR THE UPCOMING ACTIVITIES.

## TRAINING SESSIONS

WE ARE DELIGHTED TO OFFER DAILY TRAINING SESSIONS IN A RANGE OF CENOTES. THESE SESSIONS ARE DESIGNED TO CATER TO INDIVIDUALS WHO ARE PREPARING FOR THEIR UPCOMING CAMP OR LOOKING TO ENHANCE THEIR EXISTING SKILLS.

## FREEDIVING COURSE

USE THIS TIME TO UPGRADE YOUR COURSES AND BE MORE THAN READY FOR THE CAMP

## EQUALIZATION COURSE

WHAT BETTER TIME TO WORK ON AND REFINE YOUR EQUALIZATION THAN WITH OUR SPECIALIZED INSTRUCTORS?

# BEFORE & AFTER



As a camp participant, you'll receive a 10% discount on any extra activities. Let us know your interests and make the most of your time in Mexico!



## SAIL FISH EXPEDITION

THE SAILFISH SEASON IN THE RIVIERA MAYA TYPICALLY EXTENDS FROM JANUARY TO MARCH. IT IS AN EXPEDITION IN OPEN SEA TO SEARCH FOR THE FASTEST FISH IN THE WORLD.

## SCUBA DIVING

ORGANIZE YOUR DIVING WITH - **GO DIVE MEX** -  
DON'T MISS THE OPPORTUNITY OF DIVING IN A WORLD  
CLASS LOCATION.  
CENOTE DIVING - BULL SHARK DIVING - REEF DIVING



## BULLSHARK FREEDIVING

USE THIS TIME TO UPGRADE YOUR COURSES AND  
LEARN FROM OUR SKILLED INSTRUCTORS.



# MORE INFO

## ACCOMMODATION

ANGELOS PLAYA DEL CARMEN  
[HTTP://WWW.HOTELANGELOS.COM](http://www.hotelangeelos.com)  
JUST BESIDE OUR SHOP



## SHOP LOCATION



## BOOKINGS & INFO

[INFO@AMANCAYFREEDIVING.COM](mailto:INFO@AMANCAYFREEDIVING.COM)  
+52.1.984.115.6957

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PLAYA DEL CARMEN





