



RAFFLES
MALDIVES
MERADHOO



FREEDIVING CLASSES

18 March - 17 April

by BASTIEN SOLEIL

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2 Days Course:

Freediver Course Level 1

The Freediver Course is designed for those with little or no experience in the ocean and for those who have never experienced formal education in freediving although have some underwater experience.

This course will enable you to feel safe and comfortable when freediving to depths of up to 20 metres, and to improve what you already can do even to double your potential. Although this might sound difficult to achieve in a few days, you will be surprised what an experienced Freediving Instructor can do for you. The unique breathing techniques, together with the effective structure of the course program in the classroom and water sessions creates a fun educative environment and a successful freediving experience.

The Freediver Course runs for 2 days and is divided into two classroom lessons and two water sessions. During our classroom session Bastien interact with students using videos, questions and different exercises which help to improve confidence, knowledge and techniques prior to the afternoon's water session. During the course we have maximum 3 students; allowing for greater personalized attention. Bastien is with the student at all times while underwater regardless of depth, thus increasing your confidence and safety.

The only requirement to get certified as a Freediver is to perform a rescue exercise from a depth of 6 meters during the second day.

Price: \$200++ per person/day

Must be able to independently swim 200 m with or without fins.
Minimum age: 15 years.
90 minute classroom session and 2 hours freedive.
Maximum 3 persons per session.



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