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# Bali Beatings Survival Session

Freediving for Surfers

## BALI BEATINGS SURVIVAL SESSION

### Breath Hold Training for Surfers

Elite surfers like the Hawaiian Mark Healy are trained freedivers. They know how to handle hold-downs and thus they are relaxed and confident, even when they paddle for waves close to their personal limit – or beyond.

This *one day introduction* to the white magic of free-diving is about getting you into the same state of confidence. You will get an understanding of what happens in your body when you are forced into a breath hold – and why this isn't a problem. You will learn about breath hold training methods and you get trained in rescue scenarios so you will be confident in assisting a buddy in trouble.

***Breath Hold Training*** Create your training schedule to longer breath holds - do it in your bed, while riding your pushbike or while walking to the train station.

***Knowledge Development*** Learn what happens in your body when you stop breathing, learn to read the signals and make correct judgements.

***Rescue*** Become confident to assist a surfer in serious trouble. No panic, just blow - tap - talk. Whatever that may be now..

The session starts with a minimum of four surfers at ***Blue Season Bali*** in Sanur. It can also be held at any location with a white board and a pool or confined water. Please get in touch for enquiries.

Price pp IDR 1Mio

Discounts for groups apply

**Oli Christen - AIDA Freedive Instructor**

**Blue Season Freedive**

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