



**MASTERCLASS with MIGUEL LOZANO**  
(FIM + CNF + DEPTH STA + EQUALIZATION WORKSHOP)  
**8,9,10 December 2017 (GILI AIR - INDONESIA)**

*The objective of the course is to work the **FOUR** most important parts of a deep dive: **technique, deep equalization, adaptation and long dive time**. Without this 4 important parts it's impossible to increase your depth.*

**First day** we will work on Equalization from a simple and practical point of view applying it in practical exercises at depth. We will focus on video-analysis of the technique.

**Second day** we will work on exhale diving to improve our adaptation to depth in a comfortable way and exercises to increase the dive time and long freefalls at shallower depth.

**Third day** we will put all together, technique, long dive time and equalization on deepest dives in the most comfortable way and Variable Weight training.

*The idea is to create a solid base at technical, physiological and psychological level for the first 40 meters of a dive in a controlled environment.*

## **PROGRAM**

### **Friday 8th of December**

09:00 Presentation of the course  
10:00 Theory Frenzel & Mouthfill  
11:00 Stretching (Lungs, Chest and Diaphragm)  
11:30 Sea Session (Adaptation day & Technique & Mouthfill exercises)  
14:30 Rest  
18:00 Video Analysis Technique

### **Saturday 9th of December**

09:00 Theory (Exhale Diving + Depth STA)  
10:00 Stretching (Lungs, Chest and Diaphragm)  
11:00 Sea Session (Exhale Diving + Depth STA exercises)  
14:30 Rest

### **Sunday 10th of December**

09:00 Theory (Best Performance Diving Theory)  
10:00 Stretching (Lungs, Chest and Diaphragm)  
11:00 Sea Session (Variable weight + deep dive)  
14:30 End of the Course and Diplomas

*\*\*Program can change depends organization and weather conditions*

**Price:** 285€

Include:

3 days Stage with Miguel Lozano.

Diploma

*\*\*Not included flights, dinner, etc*

Bookings  
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