



## **MASTERCLASS MIGUEL LOZANO & FREEDIVE AIR**

Weekend without Fins (FIM + CNF + DEPTH STA + EQUALIZATION WORKSHOP)

**25 & 26 March 2017**

*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.*

We will work on Equalization from a simple and practical point of view applying it to the sea with gradual exercises.

Also 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.

We will focus on video-analysis of the technique in the no fins disciplines (FIM & CNF)

*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 so you can transfer it to your depth training*

### **PROGRAM**

#### **Saturday 25th of March**

09:00 Presentation of the course and Deep Equalization Techniques

11:00 Stretching (lungs, diafragma and chest)

12:00 Sea – Frenzel & Mouthfill exercises

15:00 Rest

16:00 Theory (Video analysis & Theory on Static Training Tables)

17:00 Pool Static Exercises and Relaxation Exercises

#### **Sunday 26th of January**

09:00 Theory (Exhale Diving + Depth STA)

11:00 Stretching (lungs, diafragma and chest)

12:00 Sea - Exhale Diving Training + Depth STA

15:00 Rest

16:00 Sea - Deep Dive = Technique + Long Dives + Equalization

18:30 Debriefing and Diploma

**Price:** 3,500,000 IDR

*\*\* Program can be changed depending on sea conditions and organization needs.*

Bookings  
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