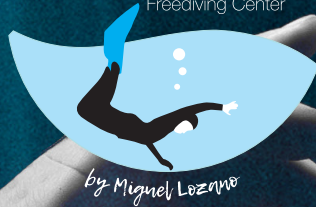


TENERIFE - LANZAROTE
apnea
canarias
Freediving Center



FREEDIVING ONLINE ONE TO ONE COACHING

equalization - stretching - dry training - breathing

_picture by Andrea Pilone
_design by fridaymonkeys.com

WE ARE MISSING OUR TIME TOGETHER INTO THE OCEAN!

In the meantime, Apnea Canarias has decided to be near you by offering Freediving Coaching On-line. In this way, you will be prepared for the special moment when we'll be jumping back into the water.

We would like to keep coaching you on a one-to-one basis through individual sessions focusing on exercises and theory, which will help to develop your awareness and skills.

There are 2 Options that will be adjusted to your level of knowledge and abilities.

Option 1 - Dry Equalization

75€ per 2 sessions, 1 hour ca. per session
(Follow-up sessions can be arranged at 30€ each).

Option 2 - Dry Training & Exercises

110€ per 3 sessions, 1 hour ca. per session
(Follow-up sessions can be arranged at 30€ each).



DRY EQUALIZATION

We recommend you to have a little mirror and Otovent device, which you can buy at the pharmacy or on-line.

01 FIRST SESSION

- _ Evaluation of your skills
- _ Physiology of Equalization
- _ Equalization techniques (i.e. Frenzel, Valsalva etc.)
- _ Common mistakes
- _ Dry exercises for learning/improving Frenzel

02 SECOND SESSION

- _ Evaluation and analysis of your exercises practice
- _ Airshift techniques
- _ Frenzel, Advanced Frenzel, Sequential Mouthfill and/or "continuous" Mouthfill for advance equalization
- _ Common Mistakes
- _ Dry exercises with Otovent and EQ-tool

For more information:

✉ tenerife@apneacanarias

🌐 apneacanarias.com

☎ +34 671845553



01 FIRST SESSION

- _ Physiology of Breathing
- _ Breathing techniques
- _ Evaluation of your flexibility and breath hold
- _ Dry static exercises
- _ How to improve your breath hold
- _ Personalized training tables for dry static

02 SECOND SESSION

- _ Evaluation and analysis of your first session exercises practice
- _ Stretching for Freediving
- _ Workouts for Freediving
- _ Personalized stretching and workout training tables

03 THIRD SESSION

- _ Evaluation and analysis of your previous sessions of training (doubts and questions)
- _ Diet and supplements for dry static and/or workout
- _ How to gradually improve breath hold and flexibility in the medium-long term
- _ Planning your own training tables

Note: we can tailor-made our on-line coaching to suit your needs so that you can learn more effectively equalization and dry training.

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