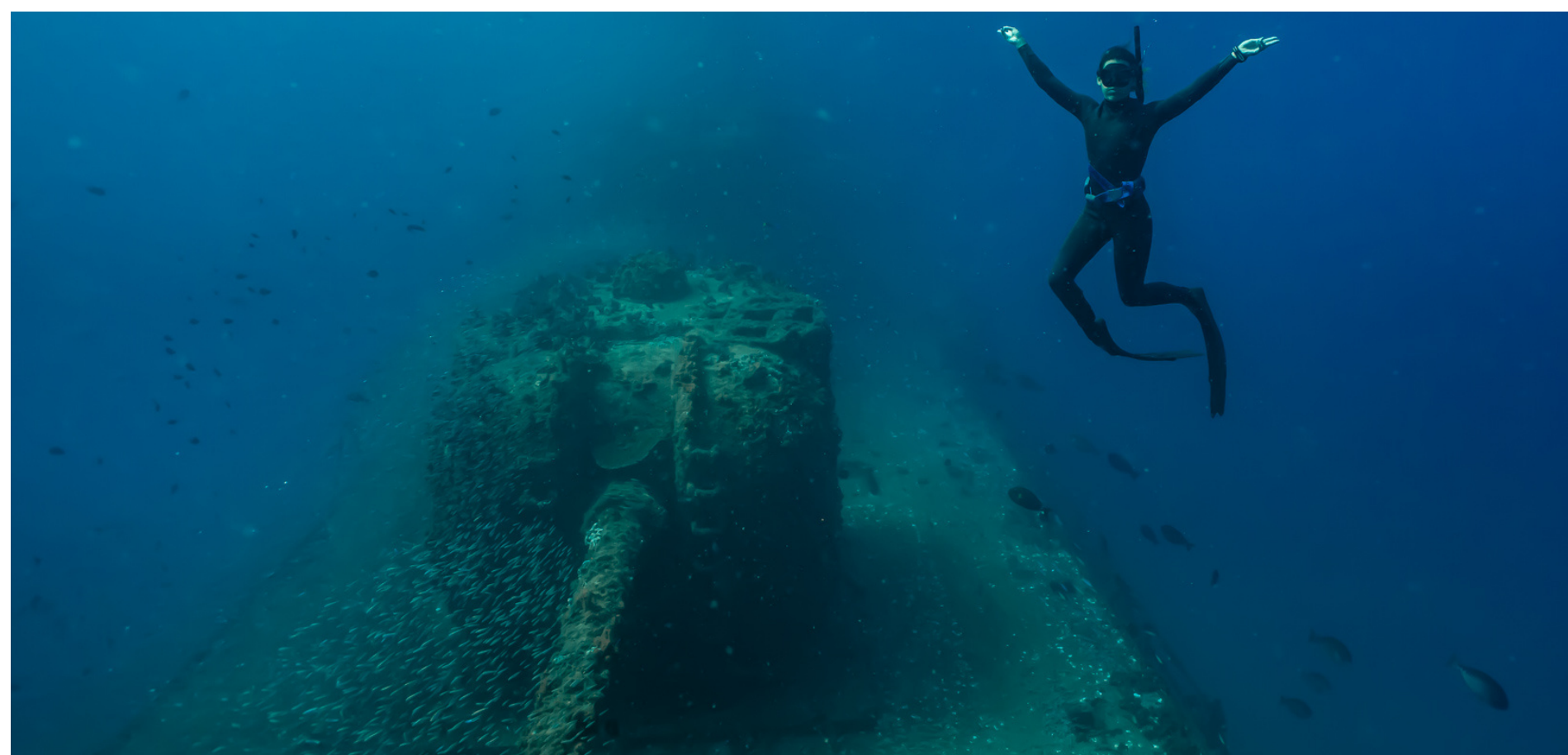




# FREEDIVING RETREATS

## WHAT'S INVOLVED

*At all of the locations across Australia we offer an experience of personal growth through enhancing your mental strength, mental health, and you learn new and enjoyable skills that will enhance your vitality in your everyday life. Each retreat includes Yoga, Meditation, Freediving courses (PADI accredited), education around how your mind operates under stress and anxiety and how to deal and cope with that all whilst exploring the underwater world on one breath.*



## ELIGIBILITY

*Anyone can attend these retreats from absolute beginner to the most advanced Ocean person. We teach you all the skills whilst in one of our tropical locations. You just need to fill in a medical to say you have no issues that may arise, be able to swim and you are good to go for your truly life changing experience.*



THE PRESSURE

project

# LADY ELLIOT ISLAND

## 5 NIGHTS, 6 DAYS

*Lady Elliot Island is the Southern most coral cay on the Great Barrier Reef. This Island is home to the most diverse and healthy reef systems and wild life on the planet. It has been protected by way of Green Zone for decades. On retreat we have been visited by Humpback Whales, Manta Rays, Tiger Sharks, every species of Turtle just to name a few, all just a short walk to the edge of the island and you are there.*



## INCLUDED

- RETURN FLIGHTS
- ACCOMMODATION
- PADI CERTIFICATION
- PADI MATERIALS
- BOAT CHARTERS
- DAILY MEDITATION
- DAILY YOGA
- BREAKFAST & DINNER
- DAILY FREEDIVING
- MOVIE/GAMES NIGHTS
- WORKSHOPS
- EDUCATIONAL PUBLIC SPEAKING EVENTS

\$2495





# KILSBY SINK HOLE MOUNT GAMBIER

## 3 NIGHTS 4 DAYS.

*Mount Gambier is part of South Australia's limestone coast and home to the clearest water in Australia and indeed the world. We dive the whole area but have exclusive use of the Kilsby Sinkhole which is a crystal clear Sinkhole with the best conditions for Freediving you will find. It is surreal to be in the middle of outback Australia getting into your wetsuit amongst the Kangaroos to enjoy the calmness and serenity that this Sinkhole provides.*



## INCLUDED

- ACCOMMODATION
- PADI CERTIFICATION
- PADI MATERIALS
- SINK HOLE ACCESS
- DAILY MEDITATION
- DAILY YOGA
- BREAKFAST DAILY
- FREEDIVING DAILY
- SPEARFISHING CATCH & COOK SESSION
- WORKSHOPS

**\$950**





# RIBBON REEF LIVEABOARD

## 4 DAYS, 4 NIGHTS.

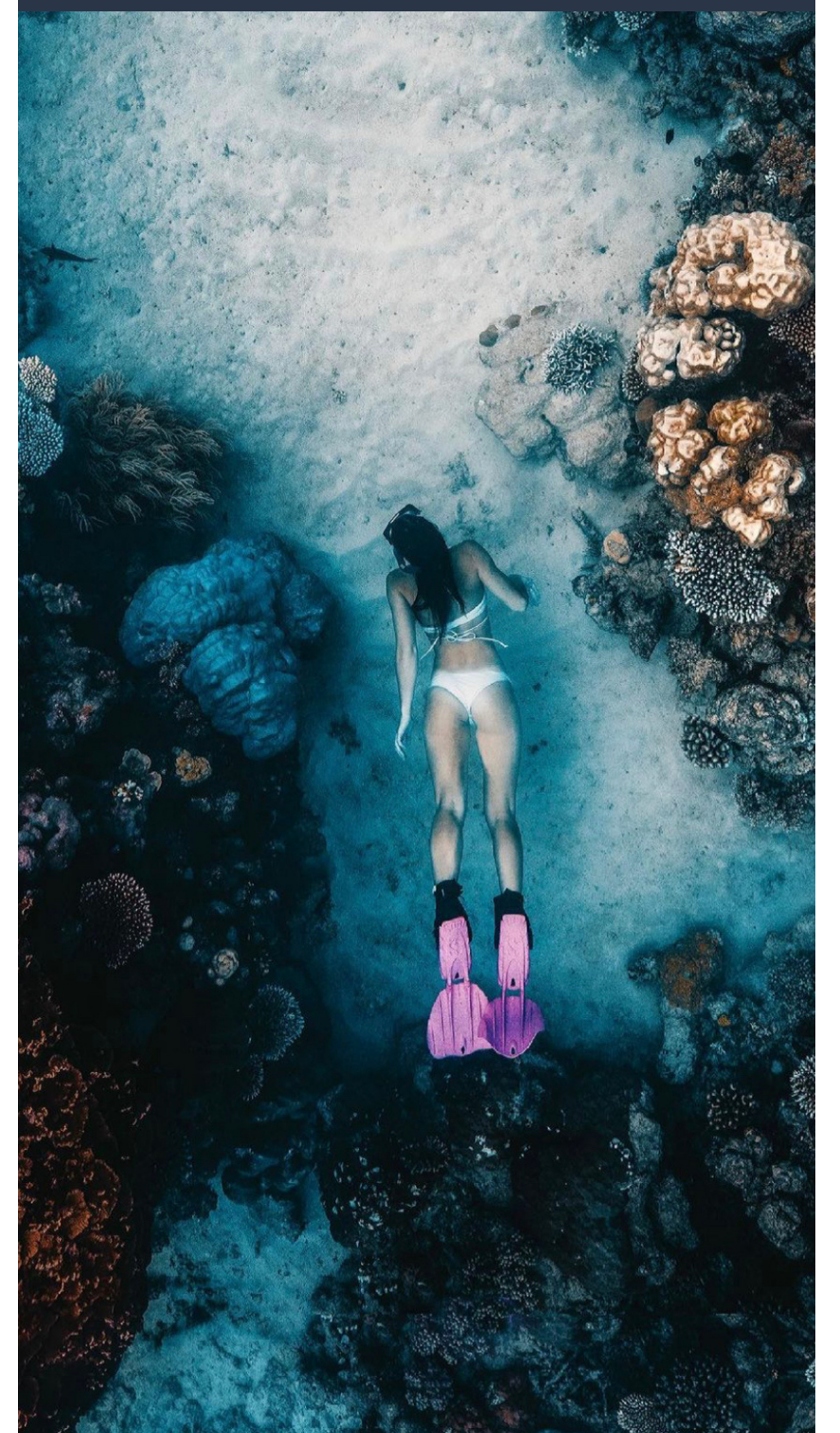
*The Ribbons is made out of 10 individual reef systems on the Great Barrier Reef that stretch over 120km. This stunning area is home to an impressive biodiversity and is one of Sir David Attenborough's favourite places in this world. We power out whilst you are sleeping and you wake up miles off shore surrounded by incredible marine and reef life all whilst completing your PADI Freediving course and making new friends and life skills.*



## INCLUDED

- ACCOMMODATION
- PADI CERTIFICATION
- PADI MATERIALS
- LIVEABOARD BOAT
- DAILY MEDITATION
- DAILY YOGA
- CHEF FOR ALL MEALS
- SHARKS IN THE DARK
- FREEDIVING DAILY
- WORKSHOPS

**\$3299 OR \$2999 WITHOUT CERTIFICATION.**





# SUNSHINE COAST WEEKEND

## 1 NIGHT, 2 DAYS.

For those who just want a weekend away of self discovery and discovery of the underwater world. You will complete your PADI Freediver certification with Theory, Pool session, breath workshop and unlock skills to help you deal with a busy, fast paced and stressful world. Included also is a boat charter out to the Ex-HMAS Brisbane off the beautiful Sunshine Coast, which is truly a world class dive site and protected Green Zone.



## INCLUDED

- PADI CERTIFICATION
- PADI MATERIALS
- BOAT CHARTER
- DAILY MEDITATION
- DAILY YOGA
- POOL SESSION
- BREATHWORKSHOP

\$590

