



Seminar on Breathing & Relaxation Techniques

ATHENS 7 & 8 December 2013

FREEDIVE GREECE, and Federico Mana, present a freediving Seminar-Stage in Athens. This 2-day event will take place on the 7th & 8th of December and will focus on expanding your knowledge in various areas related to freediving such as: new breathing, relaxation techniques and biofeedback that will help enhance the quality of your freediving as well as your overall well-being.

Objectives

Throughout the course of the seminar, participants will learn how to breathe before and during subsequent dives. The theoretical part of the seminar will focus on the anatomical structures involved in both the breathing and relaxation processes. Through modern breathing techniques participants will learn how to control these anatomical structures, thus improving their breathing ability. Theoretical teachings will then be put into practice during the in-water-sessions which will optimize the learning process. Theoretical and practical sessions will alternate in order for participants to achieve body-awareness, breathing control and complete relaxation.

Team of Instructors

Federico Mana, Italian champion in all deep disciplines and author of the books "Breathing Techniques For Freediving" & "Equalization Techniques For Freediving", APNEA ACADEMY, AIDA International, PADI & IDEA Freediving Instructor, SSI Freediving Instructor Trainer

Vasilis Garoutsos, CMAS * Hellenic Federation of Underwater Activities & Sportfishing, AIDA International & SSI Freediving Instructor, Moving Limits "Moniteur".

Stefanos Kontos, Freedive Greece Technical Manager.

Lefteris Lithadiotis, Freediving Head Athletic Trainer.

Supporting Instructors

Giannis Giaginis, Giorgos Sotiralis, Giorgos Vasilakis

The collective knowledge of our instructors will help participants gain the most out of this experience; and although the scheduled activities are extremely involving, there will be plenty of time for us all to become better acquainted with each other.

Also participating in the event will be, **Manolis Giankos**, the Greek Freediving Champion in all deep and pool disciplines, Spearfishing Euro-African Champion, CMAS *** Hellenic Federation of Underwater Activities & Sportfishing, APNEA ACADEMY, AIDA International and FDI Freediving Instructor.

Course Outline

- The route to relaxation
- The potential of breathing
- Hyperventilation
- Anatomy and breathing techniques
- Breathing Postures
- Abdominal breathing
- Thoracic breathing
- Diaphragmatic breathing
- Breathing frequency and the relation between inhalation and exhalation
- Triangular breathing
- Square breathing
- Thoracic elasticity and postures related to breathing
- Diaphragmatic elasticity
- The best position to breathe while being submerged into the water

Seminar Timetables

Saturday 7 December 2013

08.30 – 09.00 Presentation / Registration
09.00 – 11.00 Theory 1
11.30 – 13.00 Pool Session 1: Static Apnea
13.00 – 14.30 Break
14.30 – 16.30 Theory 2
17.00 – 18.30 Pool Session 2: Static Apnea
18.30 – 19.00 Debriefing

Sunday 8 December 2013

09.00 – 11.00 Theory 3
11.30 – 13.00 Pool Session 3: Static Apnea
13.00 – 14.30 Break
14.30 – 16.30 Theory 4
17.00 – 18.30 Pool Session 4: Static or Dynamic Apnea
18.30 – 19.00 Debriefing / Certification

Enrollment Requirements:

- All participants must be at least 14 years of age, and must present a valid ID to complete registration
- Valid medical certification for freediving and underwater activities must also be provided
- Free divers of all levels are welcome to participate
- Every participant must present the original of his level of certification and medical certification in addition to delivering a copy

Equipment

To attend the seminar all participants need freediving equipment: wetsuit, snorkel, mask, long fins, elastic belt and weights. For the theory sessions, participants need to wear comfortable clothing (long pants, T-shirts and/or sweatshirts), as well as bring with them a yoga exercise mat and/or a towel.



Participants Number

40 positions available, participants will be placed according to priority.

FOR INFORMATION & REGISTRATION

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