

**Performance Freediving Seminar
Sunday July 18, 2010
Sports Basement SF, 1590 Bryant Street
20% discount at Sports Basement afterwards**

**Breath Hold Freediving, Abalone Diving,
Underwater Hockey**

**FREE 1 hr intros w/ video at
9AM, 1PM and 6PM. refreshments served**



If you are curious about Sonoma coast divers that go 10 feet under the cold and murky waters to capture tasty abalone, or the athletes that dive hundreds of feet on a single breath of air, come join us for video and discussion on the sport of freediving. In the same hour learn about the fun sport of underwater hockey played around the world from some local players. Robert



Lee, an instructor with Performance Freediving (two of its instructors were featured in the Academy Award winning dolphin documentary The Cove), will discuss the physiology, psychology, training and safety aspects of the sport. The sport is surprisingly accessible for the average person— almost anyone can learn to hold her or his breath for 3 minutes or more with a few hours of lessons. Freediving is a great way to experience marine life such as dolphins, whales and turtles without disturbing them with noisy bubbles. The current world record for kicking down and back up without assistance is 125 meters - 410 feet!

Also Sunday July 18

**Performance Freediving Basic Class
Intensive 7 hr Seminar (classroom only)
10AM - 6PM, \$125**

- Special Concerns for Cold Water & Abalone Diving

Topics will include:

- Breath Hold Development
- Safety and Buddy Procedures
- Equipment
- Equalizing Tips, Including Drugs and Diet
- Physics, Physiology and Psychology
- Open Water Freediving Techniques

Contact Robert Lee, 510.427.2049
robert.lee@mba.berkeley.edu
<http://SVfreediver.wordpress.com>
<http://www.performancefreediving.com>

QR code for your
phone's calendar

