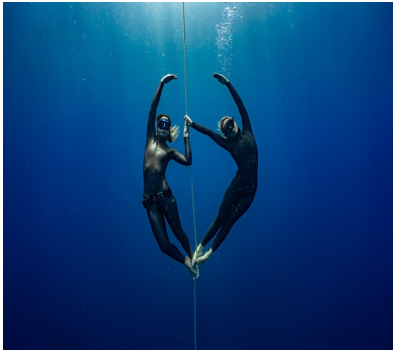


FREEDIVING & MEDITATION



Amed Bali.



The Experience

5 days of relaxation, fun and a journey of self discovery , all whilst completing your PADI Freediver certification. Join Adam Sellars who is an Australian Freediving representative, Meditation Coach, and a PADI Instructor Trainer /AmbassaDiver



“This retreat showed me just how powerful I really am and has helped me regain control of my life through mindfulness and the power of breath. Exciting and fun a Bucket list event

-Rebekah Stanley



Package Includes:

- PADI Materials
- PADI Touch interactive system
- Diving centre access for week.
- Beach access at Jemeluk.
- Daily Workshops.
- PADI Certification.
- Freediving buoys and set up.
- Instructors 1:4 ratio.
- Tour of up to 3 Wrecks
- Daily Meditation/Yoga/ Breathworksops
- Daily Line diving and Fun dives.

Total Package: \$890 AUD

(EXCL FLIGHTS/ACCOMODATION)

Looking up at the US Liberty wreck

BANK DETAILS:

WESTPAC. THE PRESSURE PROJECT

BSB: 034-198 ACC: 637-570 REF: YOUR NAME

\$250 DEPOSIT TO LOCK IN YOUR SPOT

Contact Information. **Mobile:** 0412 018 250 **Website:** www.thepressureproject.com.au

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