

FREEDIVING & MEDITATION



Mount Gambier, South Australia



The Experience

3 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.



“There we were in the middle of a Farm surrounded by wildlife diving in what I can only describe as an underwater Avatar movie, a crystal clear fun park for Freedivers. The life lessons I use in my Business today!

-Mark Stewart



Echart, Salt sessions Freediving providing dinner.

BANK DETAILS:

WESTPAC. THE PRESSURE PROJECT

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

\$250 DEPOSIT TO LOCK IN YOUR SPOT

Package Includes:

- PADI Materials
- PADI Touch interactive system
- Access and Fees for the Sinkhole
- Accommodation
- Breakfast Included
- PADI Certification.
- Guided Tours through Ewens Ponds
- Instructors 1:4 ratio.
- Spearfishing in the Ocean
- Pool Entry/Confined session
- Daily Meditation//Breath workshops
- Two Line diving days and Fun dives.

Total Package: \$890 AUD

(EXCL FLIGHTS/TRANSFERS)

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

Email: Info@thepressureproject.com.au **Facebook:** [@thepressureproject](https://www.facebook.com/@thepressureproject) **Insta:** [@pressureproject](https://www.instagram.com/@pressureproject)