

*Thank you for your
expression of interest.
Below you will find all the
information you need*



Ribbon Reefs Freediving Retreat

The Pressure Project is teaming up with Nadja Dubislav who has recently completed her Freediving Instructor course with us. Nadja has worked on Ocean Quest and knows the area very well! We are both very excited to bring this exciting trip to you and share the experience.

Can you imagine your self on a 4 days 4 nights freediving retreat aboard the 3 story live-aboard vessel Ocean Quest exploring the immaculate Ribbon Reefs?

The Ribbons is made out of 10 individual reef systems that stretch over 120km located in far north Queensland. This stunning area is home to an impressive biodiversity and is one of Sir David Attenborough's favourite places in this world.

Imagine your self waking up on the ocean with gorgeous surroundings learning new skills, reaching new depths and swimming amongst 1625 different species of fish. When we're not diving we might be doing some yoga/breath work or simply relaxing on one of 2 sundecks aboard Ocean Quest. To top it all off there is an in house chef cooking up delicious meals for in between line diving and exploring who can cater to all needs.

This trip is the first of it's kind so all of us are basically pioneers!

What to expect



The first day on the 29th of October we will board live-aboard Ocean Quest in Cairns and make our way to one of the local reefs where we will start our line diving and exploring. At night we'll get up close and personal with the local predators with *Sharks In The Dark* and after dessert we will start our journey north.

October 30th to November 1st will be filled with stunning ocean sunrises, morning line diving, yoga, meditation, breathworkshops, specialist workshops, afternoon exploration, marine chats, amazing sunsets and ofcourse plenty of time for relaxation.

There is even the option to complete a course on this pioneering trip. For all the students this adventure will start a day early with classroom and pool.

Courses



Freediver

Start your Freediving Journey with the PADI Freediver course.

Learn everything about correct breathing techniques, dive safety, different freediving disciplines and how to find tranquility within your self to simply become one with your surroundings



Advanced Freediver

Take the next step and learn more about different breathe up techniques, equalisation, freediving life style and training. Start correcting and perfecting your overall technique to reach deeper depths and have more time to explore.



Master Freediver

Become a PADI PRO, a MASTER freediver, a real life SUPERHERO must I say more?!

Perfect your technique and learn how to assist in courses. Learn more about the competitive side of freediving and dive deeper into freediving physiology, life style and different advanced Equalisation techniques.

The Packages

Student

3299,-

(Oct 28 - 2nd Nov 2021)

Includes:

- PADI Touch Elearning
- Class room session
- Pool session
- Instructors 1:4 ratio
- 1 nights basic accomodation 28th Oct
- Transfers from Cairns accomodation to vessel
- 4 nights twin share accomodation on Ocean Quest
- Welcome tea on vessel
- Lunch & Dinner on 29th Oct
- All meals, tea and coffee on 30th Oct - 1st Nov
- Breakfast 2nd Nov
- Weights, 5mm short suits and basic snorkeling gear on board
- Yoga & Meditation daily
- Marine life chats
- Specialists workshops such as no fins, mental preparation and stress relief

* Special dietary requirements may have extra cost

** Transfers are from a cairns city accomodation only

*** You will need to arrange your own transportation to Cairns if you are not based

Certified Diver

2999,-

(Oct 29 - 2nd Nov 2021)

Includes:

- Instructors 1:4 ratio
- Transfers from a Cairns accomodation to vessel
- 4 nights twin share accomodation on Ocean Quest
- Welcome tea on vessel
- Lunch & Dinner on 29th Oct
- All meals, tea and coffee on 30th Oct - 1st Nov
- Breakfast 2nd Nov
- Weights, 5mm short suits and basic snorkeling gear on board
- Yoga & Meditation daily
- Marine life chats
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What are you waiting for?!

To secure a spot a 500 dollar deposit is needed. We have 36 spots on board and with already 85 expressions of interests these spots will not last long.
If you have any questions please do not hesitate to contact my self or Nadja

**To Book Now: THE PRESSURE PROJECT.
BSB: 034-198 ACC: 637-570 REF: Your Name/
Ribbons**

