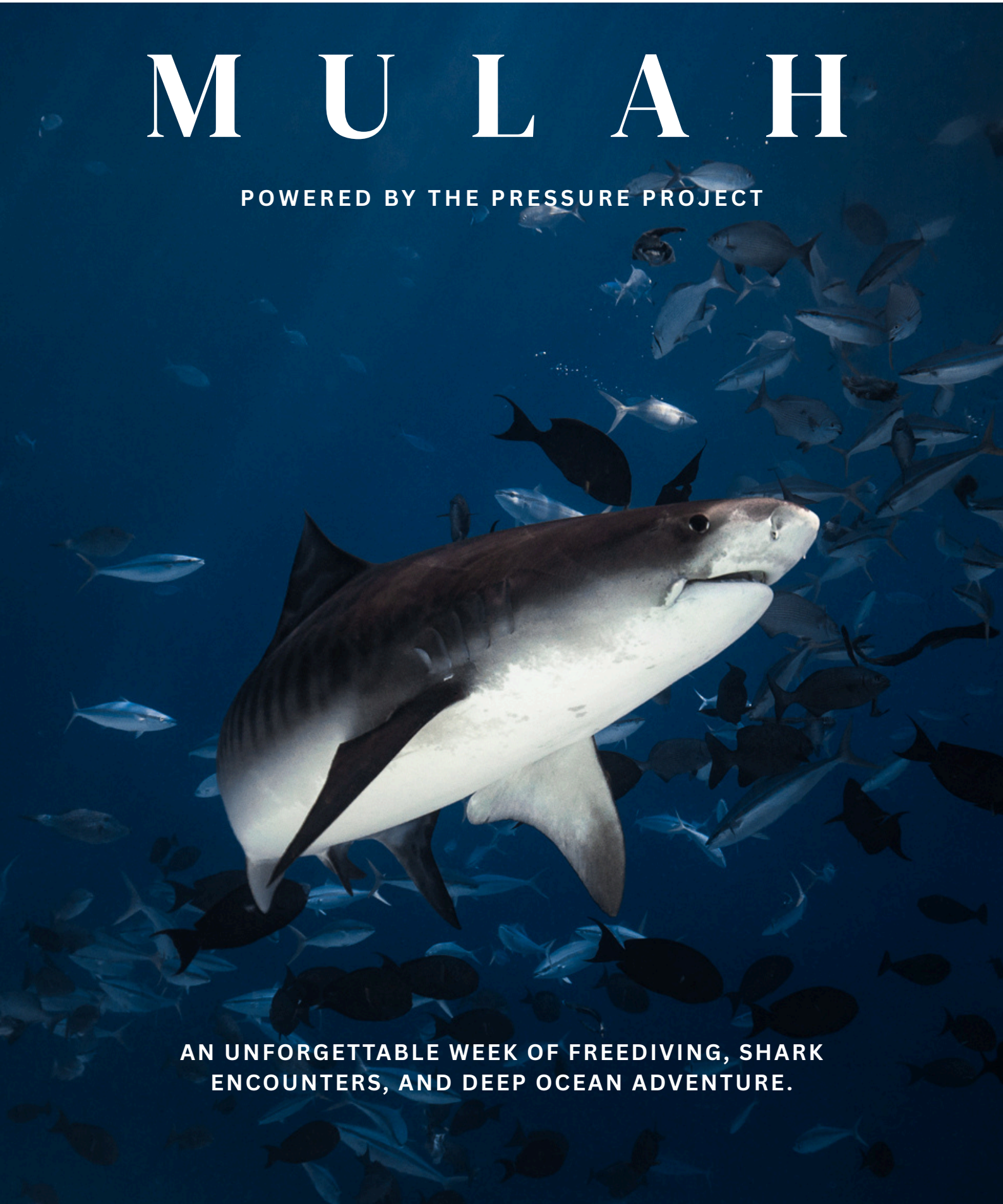
FUVA

APRIL
2027

MULAH

POWERED BY THE PRESSURE PROJECT



AN UNFORGETTABLE WEEK OF FREEDIVING, SHARK ENCOUNTERS, AND DEEP OCEAN ADVENTURE.



TIGER SHARK HAVEN

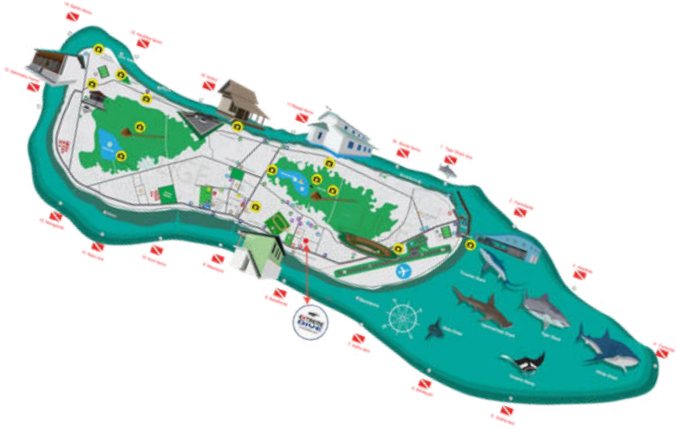
FUHAVMULAH

Rising from the deep blue waters of the equator, Fuvahmulah is a one-of-a-kind island atoll in the southern Maldives, known for its unmatched marine biodiversity and dramatic underwater landscapes.

Often called “Shark Island” and the “Galapagos of the Indian Ocean,” Fuvahmulah offers an extraordinary playground for freedivers — from vibrant coral gardens just metres from rolling white-sand beaches to vertical reef walls plunging into the open ocean.

The island is home to the world’s largest resident population of tiger sharks, as well as seasonal visitors like hammerheads, thresher sharks, and oceanic manta rays. Clear waters exceeding 30 metres visibility make every dive a breathtaking encounter with marine megafauna.

It’s a place where the ocean feels endless, every dive is an adventure, and moments spent underwater deepen your connection — with yourself, the sea, and the wild spirit of the Maldives.





WORLD
CLASS DIVING CONDITIONS

Freediving in Fuvahmulah is a rare and unforgettable experience, with crystal-clear waters, dramatic drop-offs, and vibrant coral reefs just waiting to be explored. Each day, you'll step into the ocean from our dhoni boat and find yourself surrounded by tiger sharks, reef fish, manta rays, and a variety of pelagic species.

From shallow coral gardens to deep vertical walls, Fuvahmulah offers challenges and discoveries for every level of diver. The rich currents and expansive marine environment create unparalleled opportunities to practice breathwork, refine technique, and build confidence in blue-water conditions.

Every dive is designed to immerse you fully in the ocean's wild beauty — freediving here isn't just a skill, it's a chance to connect with some of the most extraordinary marine life on Earth.















FUVAHMULAH

OVERVIEW

Over seven days, we'll freedive daily in the pristine waters around Fuvahmulah, combining line dive training along deep drop-offs and vertical walls, static apnea practice, and open blue-water environments. There's no fixed schedule. We move with the ocean, following the tides, currents, and the movements of the marine life to make the most of every dive. Sessions are tailored to your level, whether you're just starting out or advancing to shark encounters.

Each day combines ocean sessions with breathwork, meditation, yoga, and movement practices to support performance, recovery, and focus. Evenings bring local Maldivian cuisine, sunset drinks on the beach or dhoni, and connection with the group, with optional excursions including guided shark dives, pelagic species spotting, and exploring the island's natural beauty.

Every element of the retreat is designed to maximize your time underwater, enhance your freediving skills, and create unforgettable encounters. Both above and below the surface.

WHAT TO EXPECT?

Here's a glimpse of what your Fuvahmulah Freediving Retreat will look like. Every day is shaped by the ocean, your energy, and conditions — no two days are the same.

Day 1

- Domestic Flight to FVM & Check-In

Days 2 - 7

Guided by the ocean and the weather, each day will include daily tiger shark dives, line dives along vibrant coral walls, open-water excursions, and workshops focused on breathwork, meditation, mindset, and freediving skills. Specific activities will be confirmed closer to the retreat, ensuring the best experience based on conditions and group energy.

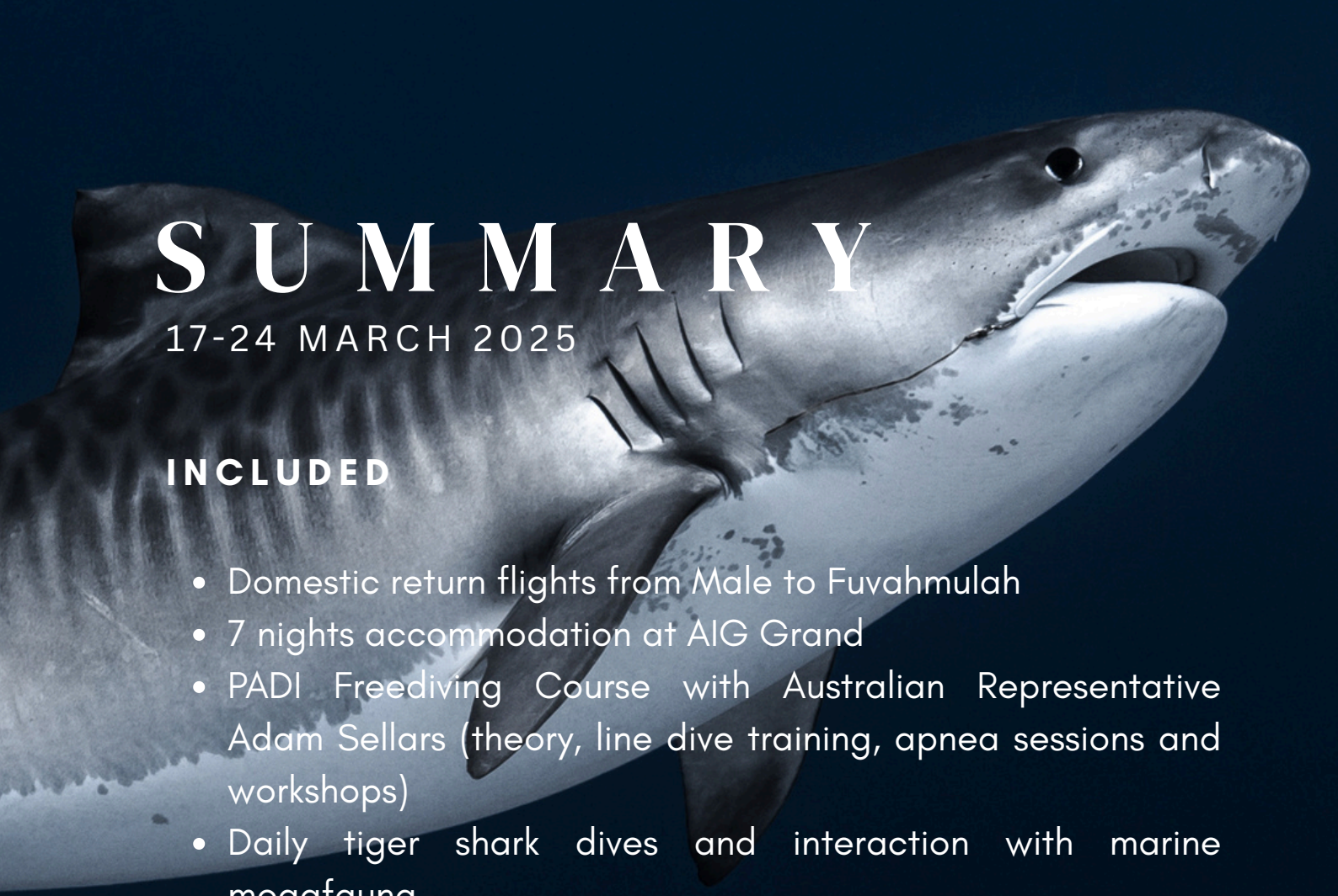
Day 8

- Depart Fuvahmulah for Male

This retreat isn't about following a rigid schedule — it's about creating space for exploration, personal growth, and unforgettable underwater experiences. Each day unfolds with intention, curiosity, and a shared love for the ocean.

If conditions limit diving on certain days, alternative activities — including workshops, recovery practices, and ocean-focused excursions — ensure you still enjoy a full, enriching experience.





SUMMARY

17-24 MARCH 2025

INCLUDED

- Domestic return flights from Male to Fuvahmulah
- 7 nights accommodation at AIG Grand
- PADI Freediving Course with Australian Representative Adam Sellars (theory, line dive training, apnea sessions and workshops)
- Daily tiger shark dives and interaction with marine megafauna
- Shark guiding training
- Line diving along vibrant coral reef walls and open-water expeditions
- Yoga, guided meditation, and recovery practices
- Dealing with Pressure workshop with Adam Sellars
- 6 full days on an exclusive traditional dhoni boat
- Transfers between hotel and harbour
- Epic crew & Vibes

NOT INCLUDED

- Accommodation
- Travel Insurance
- Drinks & Meals
- Wetsuits, Masks & Fins



TIPS, TRICKS & ESSENTIALS

AMED RETREAT

A few practical things to help you make the most of your freediving retreat — from where to stay to what to pack.

ACCOMODATION

We recommend arriving in Malé at least one day before the retreat to allow for a stress-free transfer and to recover from travel. Accommodation in Malé is at your own cost. We usually suggest hotels like Acacia for convenience.

In Fuvahmulah, your stay is arranged at AIG Grand, where you'll enjoy comfortable rooms and easy access to the harbour and dhoni boat for daily dives.

WHAT TO BRING?

Pack for ocean adventure, comfort, and flexibility. Here's your essential list:

- Reusable water bottle
- Reef-safe sunscreen or zinc
- Light wetsuit or rashguard/lycra pants (2-3 mm or half-top is perfect for sun protection and comfort — the water is warm)
- Freediving gear (weightbelt, fins, mask/snorkel) - weights can be provided
- Action camera or underwater camera (we'll also be filming your dives)
- Comfortable clothes for around the hotel and island life
- Personal medications, vitamins, and supplements (like electrolyte tablets or magnesium)
- Toiletries and local currency

CULTURAL CONSIDERATIONS

- In public areas, women should cover shoulders and knees to respect local customs.
- On the boat, at the hotel, and while diving, you can wear whatever is comfortable: bikinis, singlets, shorts, etc.



TIPS, TRICKS & ESSENTIALS

AMED RETREAT

TRAVEL TIPS & LOCISTICS

- Internal flights: We'll coordinate domestic flights from Malé to Fuvahmulah and back. Exact times will be confirmed closer to the retreat. Please send your international flight details to lise@thepressureproject.com.au to help us coordinate.
- Travel insurance: Required for the retreat. Please send to lise@thepressureproject.com.au.
- Final payment: Ensure your balance is paid before the due date to secure your spot.

LET'S CONNECT

We will be creating a WhatsApp group to help coordinate transfers and logistics. P