

BREATHE BETTER WITH BLUEBACK

FREEDIVE

LEARN TO FREEDIVE

Wellbeing Programs 2026/2027

SEPT 2026

SHORT 9, 11
PROGRAM 9, 11, 12
SHORT* 26
PROGRAM* 26-27
*WEEKEND INTENSIVE

OCT 2026

SHORT 7, 9
PROGRAM 7, 9, 10
SHORT* 24
PROGRAM* 24-25
*WEEKEND INTENSIVE

NOV 2026

SHORT 11, 13
PROGRAM 11, 13, 14
SHORT 25, 27
PROGRAM 25, 27, 29

DEC 2026

SHORT 9, 11
PROGRAM 9, 11, 13
SHORT 16, 18
PROGRAM 16, 18, 19

JAN 2027

SHORT 6, 8
PROGRAM 6, 8, 9
SHORT* 16
PROGRAM* 16-17
*WEEKEND INTENSIVE
SHORT 27, 29
PROGRAM 27, 29, 31

FEB 2027

SHORT 3, 5
PROGRAM 3, 5, 7
SHORT* 20
PROGRAM* 20-21
*WEEKEND INTENSIVE

MAR 2027

SHORT 3, 5
PROGRAM 3, 5, 6
SHORT* 13
PROGRAM* 13-14
*WEEKEND INTENSIVE
SHORT 17, 19
PROGRAM 17, 19, 21

APR 2027

SHORT* 3
PROGRAM* 3-4
*WEEKEND INTENSIVE
SHORT 14, 16
PROGRAM 14, 16, 18

MAY 2027

SHORT 5, 7
PROGRAM 5, 7, 8

JUN 2027

SHORT 9, 11
PROGRAM 9, 11, 12

BOOK ONLINE

BLUEBACK LEARN TO FREEDIVE SHORT COURSE

+BREATH CONTROL TRAINING
+MINDFULNESS OF BREATH,
BODY, THOUGHTS, EMOTIONS
+SAFETY & RESCUE TRAINING
+PHYSIOLOGY & PHYSICS
+EXPERT INSTRUCTORS
+POOL TRAINING
+ONLINE THEORY

2-DAY FORMAT \$350

1-DAY INTENSIVE \$400

BLUEBACK LEARN TO FREEDIVE PROGRAM

+ALL OF THE ABOVE
+FUN & EDUCATIONAL
+OPEN WATER TRAINING
+CARING & PROFESSIONAL
+LED BY FREEDIVE SPECIALISTS
+DEEP RELAXATION & SAFETY
+FREEDIVE EQUALIZATION

3-DAY FORMAT \$550

*WEEKEND
INTENSIVE \$750

BLUEBACKFREEDIVINGANDYOGA.COM

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