



# Reef & Wreck

FREEDIVE | CAMP | SW WA

22 – 26 MAR 2023

MORE INFO 0439 770 038  
[BLUEBACKFREEDIVINGANDYOGA.COM](http://BLUEBACKFREEDIVINGANDYOGA.COM)



# DUNSBOROUGH, WA

WED 22 - SUN 26 MAR, 2023

Explore the turquoise waters of the southwest ocean, exploring shipwrecks, reefs and the *Capes Ngari Marine Park* while developing your freediving ability in the wonder of nature.

Includes:

- ✓ One offshore adventure - freediving on reefs, the Lena wreck, and with the dolphins of Koombana Bay
- ✓ Luxury accommodation in Dunsborough,
- ✓ Healthy vegetarian meals,
- ✓ Yoga and meditation sessions,
- ✓ Guided ocean freediving adventures.



Photo credit: Amanda Di Blanksby



# PROPOSED PROGRAM

WED 22 - SUN 26 MAR, 2023  
5 DAYS / 4 NIGHTS

## WED 22 MAR

6PM Travel to Dunsborough  
7PM Settle In.  
7:30PM Dinner & Activities

## SUN 26 MAR

6AM Daily Yoga & Meditation  
7AM Group Breakfast / Pack Up  
8AM Travel to Casuarina Harbour  
9AM Ocean Adventure  
*Wreck & Reef Freedive*  
2PM Hugs goodbye.  
3PM Head home.



## THU - SAT | 23 - 25 MAR

6AM Daily Yoga & Meditation  
7AM Group Breakfast  
8AM Ocean Freedive Adventure  
*Shore-based Southwest Ocean*  
12PM Picnic Lunch  
1PM Ocean Adventure  
*Shore-based Southwest Ocean*  
4PM Chill Time  
6PM Dinner  
8PM Games.



# YOUR HOLIDAY

WED 22 - SUN 26 MAR, 2023  
5 DAYS / 4 NIGHTS

Stunning coastal landscapes, breath-takingly wild and biodiverse aquatic life and rugged temperate reefs characterize the southwest ocean.

Enjoy a break in the calm atmosphere of a small group getaway focused on offshore adventures, shore-based wilderness diving in the southwest, developing your freediving, breath-control and self-mastery with freediving and yoga teacher, marine scientist and southwest freedive guide, Tania Douthwaite.



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# YOUR ACCOMMODATION

WED 22 - SUN 26 MAR, 2023  
5 DAYS / 4 NIGHTS

Situated in Dunsborough, your luxury southwest accommodation features a warm, nature-orientated design – nestled in forest and created for comfort.

The perfect base for our freediving adventures and training.



Enjoy the uplifting energy of freediving, yoga, the southwest ocean and a small group retreat.



# YOUR ROOM

WED 22 - SUN 26 MAR, 2023  
5 DAYS / 4 NIGHTS

\$1,670 Twin share /  
\$1,570 *Blueback Freediver*

\$1,870 Own Room (Queen Bed) /  
\$1,770 *Blueback Freediver*

\$2,170 Own Room (King Bed + ensuite) /  
\$1,970 *Blueback Freediver*

\$3,200 - \$3,800 Couples (Queen to King + ensuite)



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# A TIME FOR PEACE & PLAY

WED 22 - SUN 26 MAR, 2023  
5 DAYS / 4 NIGHTS

A bespoke small group eco tour.  
Created space for nature-connection and freediving optimal experiences.

Each day the program includes:  
Breakfast / Yoga / Meditation  
SW Freedive Adventure / Nature Picnic  
SW Freedive Adventure / Dinner / Rest





## TERMS & CONDITIONS

Full fees or non-refundable deposit paid (\$200) to secure place.  
Final fees due by 14 March, 2023

No cancellations or refunds.

All bookings and accommodation, fees and program are booked and paid ahead.

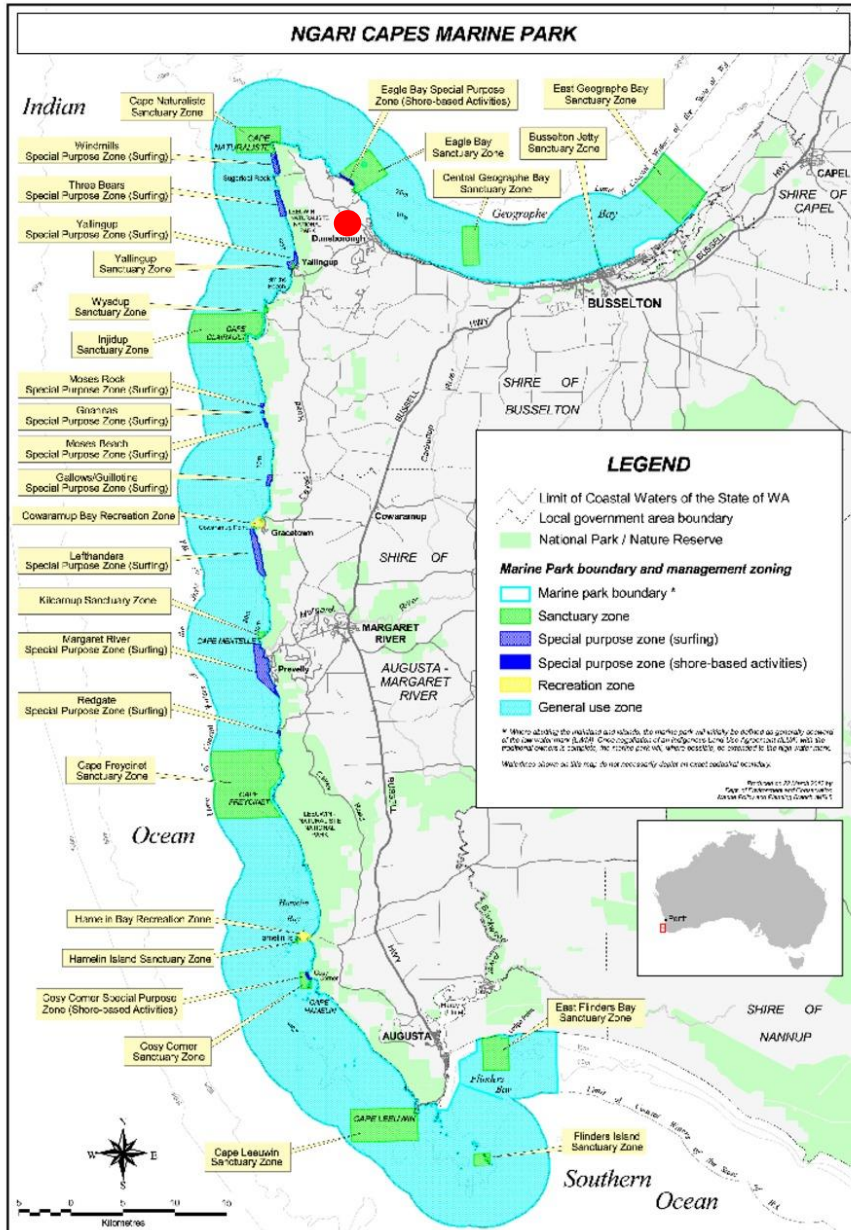
Full refunds given in the event of a full covid lockdown where-in accommodation charges are fully refunded by the realtor.

Trip rescheduled in the event of full covid lockdown where-in accommodation charges are not fully-refunded by the realtor.



*Freedivers must be in good general health, certified freedivers and confident swimmers with all forms and fees returned to attend.*





Dunsborough.  
Our home for 5 days