



PERSONAL COACHING / HALF DAY LINE DIVING

Stuck with your usual training routine and finding it hard to shake the dirty freediving habits ? Join for some personal coaching on the line with additional video review afterwards. Meet in Salt River and I will transport you to Blue Rock Quarry where we will spend a half day line diving fine tuning your skills . Post dive we will review your footage and go into detail to better your techniques , relaxation & efficiency. Entrance fee and transport costs included .

ZAR 2800 / \$150 per session

