

A full-page underwater photograph. On the left, a large shark swims towards the right. On the right, a diver in blue gear swims towards the left. The water is clear blue with some bubbles. At the top center, the text 'Soneva Fushi' is written in a white, cursive font, with a small sun icon above the 'i' and a white underline below the text.

Soneva Fushi

Freediving at Soneva Fushi



Soneva Fushi

Maldives

Hidden among dense foliage and located within the Baa Atoll UNESCO Biosphere Reserve, Soneva Fushi inspires the imagination. The award-winning resort truly defines the essence of barefoot luxury with Castaway simplicity. The resort's down-to-earth personality is reflected in its nature-inspired architecture. If the experiences are magical, the philosophy is simple; no news, no shoes.

Freediving

Freediving is the art of discovering the amazing underwater world on a single breath, without supporting equipment. Freedive for fun – to look at the colourful fish and beautiful corals or simply to relax. Or, freedive to improve your aquatic skills, or to overcome fear and build self-confidence.

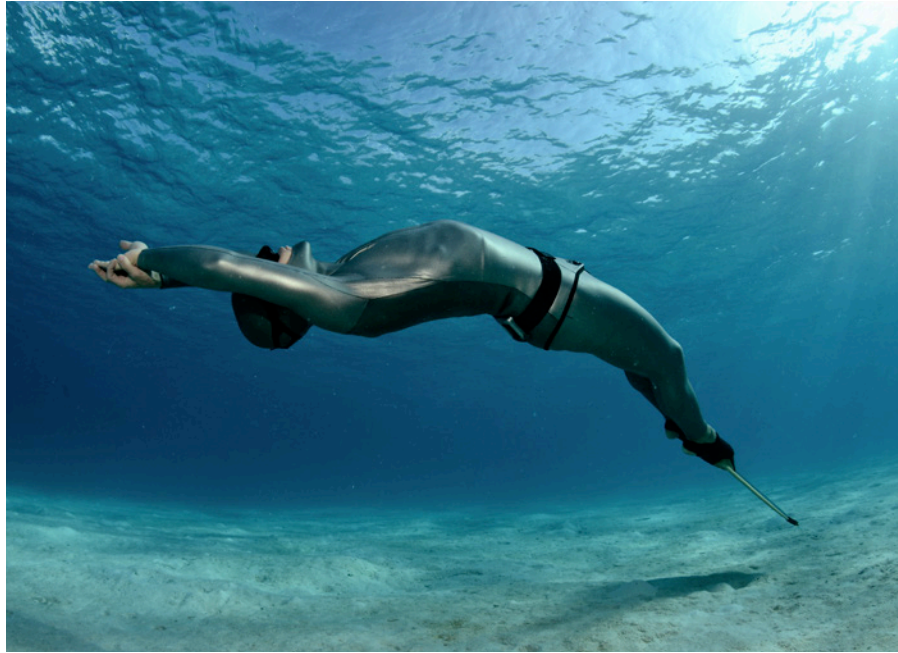
The Freediving courses consist of theory lessons, breathing and relaxation techniques, stretching, confined water and open water practice. Guests learn all the essential aspects of Freediving directly from World Champions who currently hold or held multiple world records. They will learn about what happens in the human physiology when we Freedive, about the physics of water, about mental capacities, deep relaxation and breathing techniques to improve health and well being. The breathing techniques are the key factor for Freediving and these can be used anytime anywhere, in ones daily life back home. In the water they will learn how to move more graciously, thereby saving energy. How to use fins with correct technique and how to be calm and relaxed in the water. They will get a diploma, The course is open to all ages 12 and above, and participants will receive a diploma upon completion.

Kids Freediving experience is a 2 hour journey on the reef where kids will have fun and learn directly from a World Champion. We will explore basic techniques of swimming, finning, snorkelling and easy fun dives while holding the breath! The kids will have fun, we will take pictures in the water and they can even try a mono fin (swim like a dolphin technique).

Talkers Table An exclusive opportunity to get to know a Freediving World Champion close up and hear his anecdotes about his career, the sport, competitions and records, and the amazing marine life he has seen.



Meet the Freedivers



01/12/2017 onwards **Ken Kiriama**

Learn the art of Freediving with our resident instructor, Ken Kiriama, a highly experienced Freediver. Having practiced Yoga and Pranayama since the age of 16, Ken uses these techniques as the foundation and preparation for Freediving. He is known to make people calm and relaxed in the water, making them let go of fear and anxiety that can be applied to daily life as well. The result is a meditative experience of "oneness" with the ocean.



05/01/2018 - 12/01/2018 **Alexey Molchanov**

Alexey Molchanov is the deepest man in the history of competitive freediving. Overall he's set five world records and has earned 15 combined gold, silver and bronze individual and team medals at world championship events.

- 1 1/2 day Freediving course in Russian and English
- Kids Freediving experience x 2
- Talkers Table for maximum 5 couples
- Cinema Paradiso lectures and presentations with Q & A and Meet & Greet (photos, autographs)



20/02/2018 - 27/02/2018 **Umberto Pelizzari**

Umberto Pelizzari is an Italian freediver, widely considered among the best of all times. He's the only one to have established world records in all freediving disciplines that existed at that time. Umberto, along with his rival Pipin Ferreras, are the focus of 2001 IMAX production, Ocean Men.

- 1 1/2 day Freediving course
- Kids Freediving experience x 2
- Cinema Paradiso lectures and presentations with Q & A and Meet & Greet (photos, autographs)



Freediving with World Champion Freediver Umberto Pelizzari

Umberto Pelizzari is an Italian freediver, widely considered among the best of all times. He's the only one to have established world records in all freediving disciplines in Constant Weight, Variable Weight, and No Limits.

He became famous for his rivalry with another top freediver, Pipin Ferreras, originally a close training friend. In No-Limits, Pelizzari and Ferreras pushed each other deeper and deeper and became the focus of the 2001 IMAX production Ocean Men.

He will be at Soneva Fushi between 20th – 27th February 2018. Book your lessons with him prior to your arrival and get 20% off the below menu prices. (A special family discount also applies for 3 pax or more).

Freediving/snorkelling course (3 sessions)	USD 1,595++
Freediving/snorkelling session (2 hr)	USD 595++
Kids Freediving/snorkelling Experience	USD 225++
Special snorkelling trip to another Atoll	USD 595++

*lessons available only for in-house guests



Contact

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soneva.com

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