

Yoga for Freediving – Breathing & Relaxation Session

These sessions are for all peoples who are interested to learn about breathing, relaxation and breath holding.

You will learn how to breath concisely by exercising various Pranayama Yoga breathing techniques. You can use these techniques for serious training and relaxation sessions as well as to just relax in your daily life by breathing concisely for some minutes.

In addition you will get to know how to use your full lung capacity and to hold your breath longer. There are also reports, that you can heal certain breathing problems like asthma by executing these very healthy briefing techniques.

With these easy to learn techniques and regular training and practicing you will be able to relax in your daily life, to get healthier and to hold your breath longer.

Yoga for Freediving – Stretching & Relaxation Session

The Stretching & Relaxation sessions are for all people who want to release the tension in the muscles and joints and would like to get more flexible.

You will learn how to take the steps from beginner to intermediate and advanced Yoga exercises. The Yoga exercises – so called Asanas are derived from Hatha Yoga and selected specifically to support your freediving skills.

But the exercises are not limited for Freedivers only – Yoga is good & healthy for everyone!

The exercises are designed accordingly for beginner, intermediate or advanced level. Specific lung stretching and expanding exercises can be trained for advanced freedivers.

Freediving – Training Session

In a Training Session we train in a small group and focus on one of the freediving disciplines STA, DYN, DNF, FIM, CWT or CNF. Based on request we also integrate Yoga elements.

We train a broad range of exercises based on best-practices from professionals and my own experience. The exercises specifically focus on technique, fitness & stamina, CO² and O² tolerance, dive time and of course also the fun and relaxation part of freediving.

Based on your and the groups interests and targets I shape diversified training sessions with different methods & exercises which supports you and keep the training rich of variants.

Freediving & Yoga – Individual Coaching Session

In an individual Coaching session I focus completely on you - your current performance, challenges and interests.

Based on your interests and my observations I derive and train you within a specific tailor made training session or a short-, mid or long-term program to support you achieving your target in the freediving discipline STA, DYN, DNF, FIM, CWT and CNF or Yoga.

The available broad range of training exercises and methods are based on best-practices from professionals and my own experience. I am able to cover all relevant aspects like technique, video analysis, fitness & stamina, CO² + O² tolerance, dive time, relaxation or the fun part of freediving to focus on your interest and keep the coaching sessions diversified.