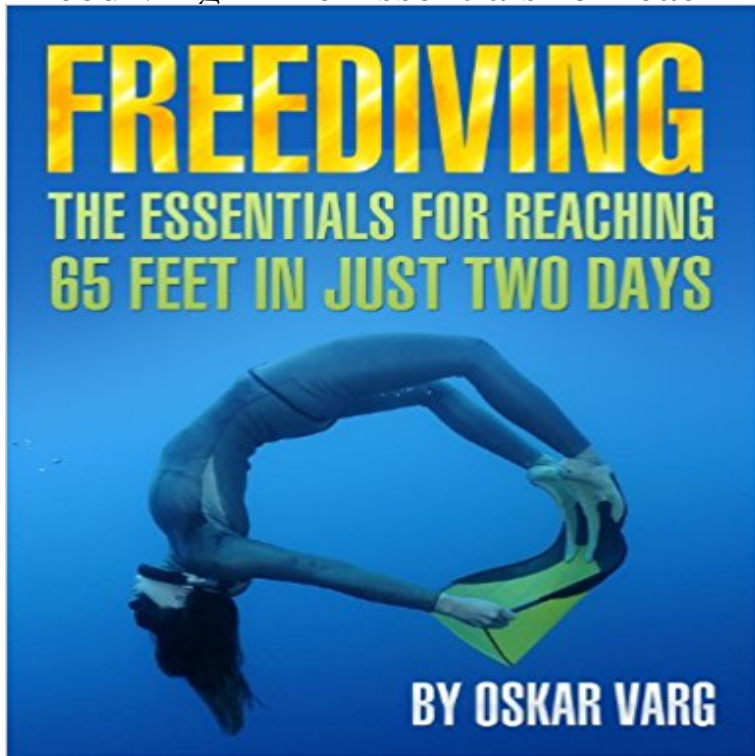


## Freediving - The Essentials for reaching 65 feet in just two days



Are you looking to improve or to begin learning about freediving? Do you wish to be able to stay submerged longer and be able to go deeper? Well if you are this is the book for you. In Freediving - the Essentials for reaching 65 feet in just two days you will not only learn how to simply reach 65 feet of depth but you'll also learn how to:- Hold your breath for over five minutes- Use the safest breathing techniques- Deal with the fear and anxiety you might encounter- Know how much extra weight you need in order to achieve perfect buoyancy- Train for freediving pro actively- Apply techniques to reduce friction- Stay safe using the buddy system and learning your own limits- Understand blackouts and learn to get out of them You deserve the best and it gets no better than this

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