

FREEDIVER HERBERT NITSCH ONE-DAY WORKSHOP

LUNG FINE TUNING FOR EXTREME BREATH-HOLDING

on Sunday 9 July & Sunday 6 August, 2017

“THE DEEPEST MAN ON EARTH”
NO LIMIT 253.2M/830.1FT

9+ MIN BREATH HOLD

33 WORLD RECORDS ACROSS
ALL FREEDIVING DISCIPLINES



Workshop contents (approximately):

- 1 hr lung and diaphragm stretching
- 2 hrs dry and wet breath-hold training
- 2 hrs full lunch and personal Q&A with Herbert
- 1 hr about packing, mouth-fill & equalization techniques

Dates: **Sundays July 9 & August 6, 2017**
(limited participation only)

Starting time: **10H00** in the morning

Address: Villa 'Oa 'Oa
104 Ave Vincent Delpuech
06670 Levens, FRANCE

Tel: +33 9 61 63 90 43

Mob: +43 699 1060 1099

Email: info@villaoaoa.com

Web: www.villaoaoa.com



Cost €200 pp including a lavish & healthy lunch and drinks.
Payments via PayPal (website link) or wire transfer as below:
€50 deposit, refundable up to 30 days prior to the event.
€150 to be paid on-site.

Bank: Monabanq **Account name:** Jeanette Woldman

IBAN: FR76 1469 0000 0153 0000 6847 585

BIC: CMCIFRP1MON

How to get to Villa Oa Oa

A taxi from the airport costs approx. €80-90 (± 45 min).

By car from direction Nice Airport and Cannes:

Autoroute A8, take exit 52 Nice St. Isidore (dir. Grenoble/Digne)

Follow the M6202 direction until St. Laurent du Var (± 15 km)

Follow the M20 to **Levens** (± 12 km)

Follow directions “Piscine”, take “Chemin du Petit Bois” (right)

Go onto “Ave Vincent Delpuech” (left). We’re the 3rd Villa.

By car from direction Italy and Monaco:

Autoroute A8, take exit 55 Nice Est

Follow the M19 direction St. Andre and Tourette-Levens and

Levens (± 19 km), then see above.

Please bring with you:

- Scuba mask or goggles & nose clip
- Waterproof stopwatch
- Bathing suit & towel
- Yoga mat (or 2 towels)
- Wetsuit (pool is 24C)
- A jolly good mood

IMPORTANT

Please do not eat before the workshop as it decreases performance and increases the urge to breathe. Drink only water (or water with fresh lemon juice) prior to your arrival. You’ll get plenty of drinks during the training, and food afterwards.

POOL

The pool has no chlorine, but salt-electrolysis. Because of this, if you bring a wetsuit, please do not use soap or lubricant.

SHOWER

The outdoor cold shower consists of a lovely garden hose.