



FREEDIVING RETREAT
WITH DANIEL WEISSHOF
9-16 MARCH 2024

Freediving Retreat

A week full of sun, sailing and epic dolphin encounters. Imagine yourself on a sailboat in the middle of the sea, only sharing it with a small group of like-minded people. This can be the magical equation of joy to anyone who considers himself/herself a thalassophile.

In this retreat, you will settle into your breathwork, your mind chatter quiet, and your muscles start to relax as you take your last breath before dipping your head below the surface just to get dazzled by 100s of dolphins

*Thalassophile: a lover of the sea

*Suitable for advanced or complete beginners

Program

Day 1 :

- Sail From Hamata Marina to Siyal Island
- Relax on the Sandy beach while you soak the sun on your skin
- Breathing sessions & static

Day 2 :

- Morning breathing session
- Dynamic training session
- Island Clean up (optional)
- Sail to Sataya Dolphin house

Day 3-5 :

- Morning Breathing & Stretching sessions
- Daily Dolphin workshops
- Swimming & Freediving with 100+ Dolphins
- Freediving line training sessions

Day 6:

- Sailing to Abo Galawa wreck
- Freediving at a beautiful reef site and the wreck
- Sailing to Om El Shiekh island

Day 7 :

- Morning swim/freediving - Lesiure
- Sailing back to the Marina

*** Program can be amended based on weather conditions**



The Boat

Beneteau Cyclades 50.5 - Made in France

5 double cabins

3 bathrooms

6th cabin with its private bathroom for the skipper

Desalination unit (unlimited water supply)

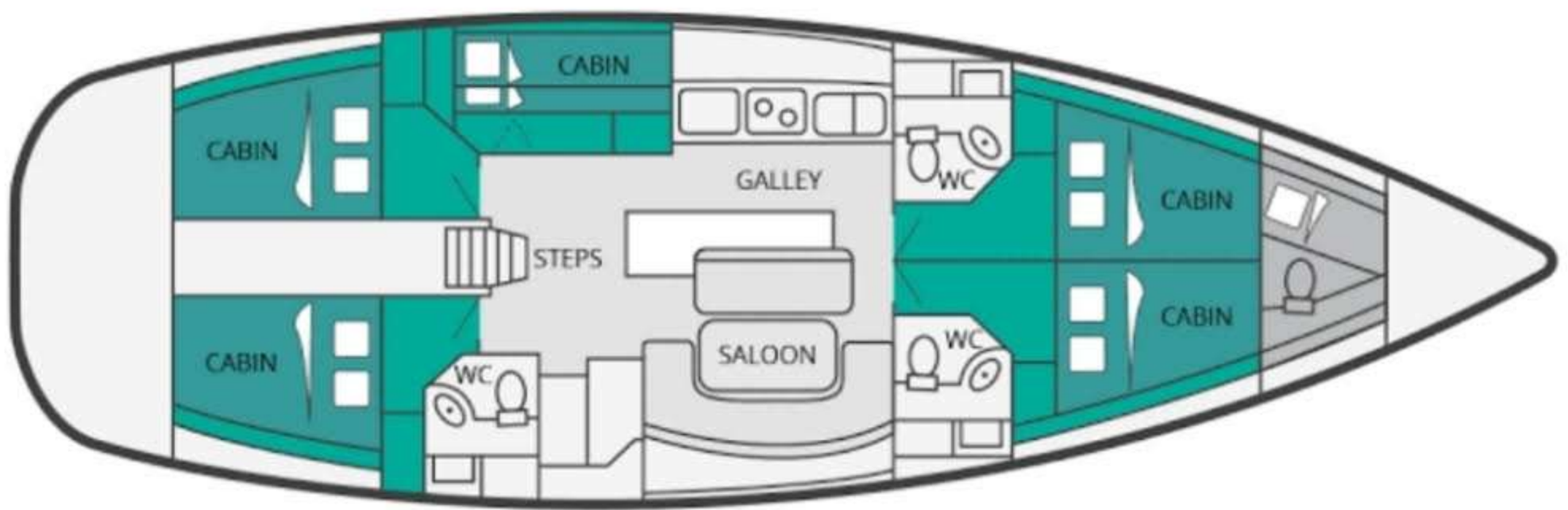
Solar Panels 950w

7 batteries

2 large fridges



BOAT LAYOUT



*separate crew cabin +bathroom (a 6th cabin)

*1000l fresh water tank

*water desalination 140l per hour

*250watt solar panels

*7 batteries

*largest cold storage in class (140 liters) fridge + freezer





Boat Specs

Brand : Beneteau

Made in : France

Type : Sail Boat

Length : 16 meters

Solar Panels : 950w

Water Capacity : 1000 L

First Aid

Life Jackets

Life Raft

Fire Extinguishers

7 batteries

2 large fridges

cockpit

GPS & VHF

Motor engine available

Outboard engine

Auto Pilot

Depth sounder

Bow thruster

Speakers

PRICES

EUR990 PER PERSON FOR A SPOT IN A SHARED CABIN WITH PRIVATE BATHROOM

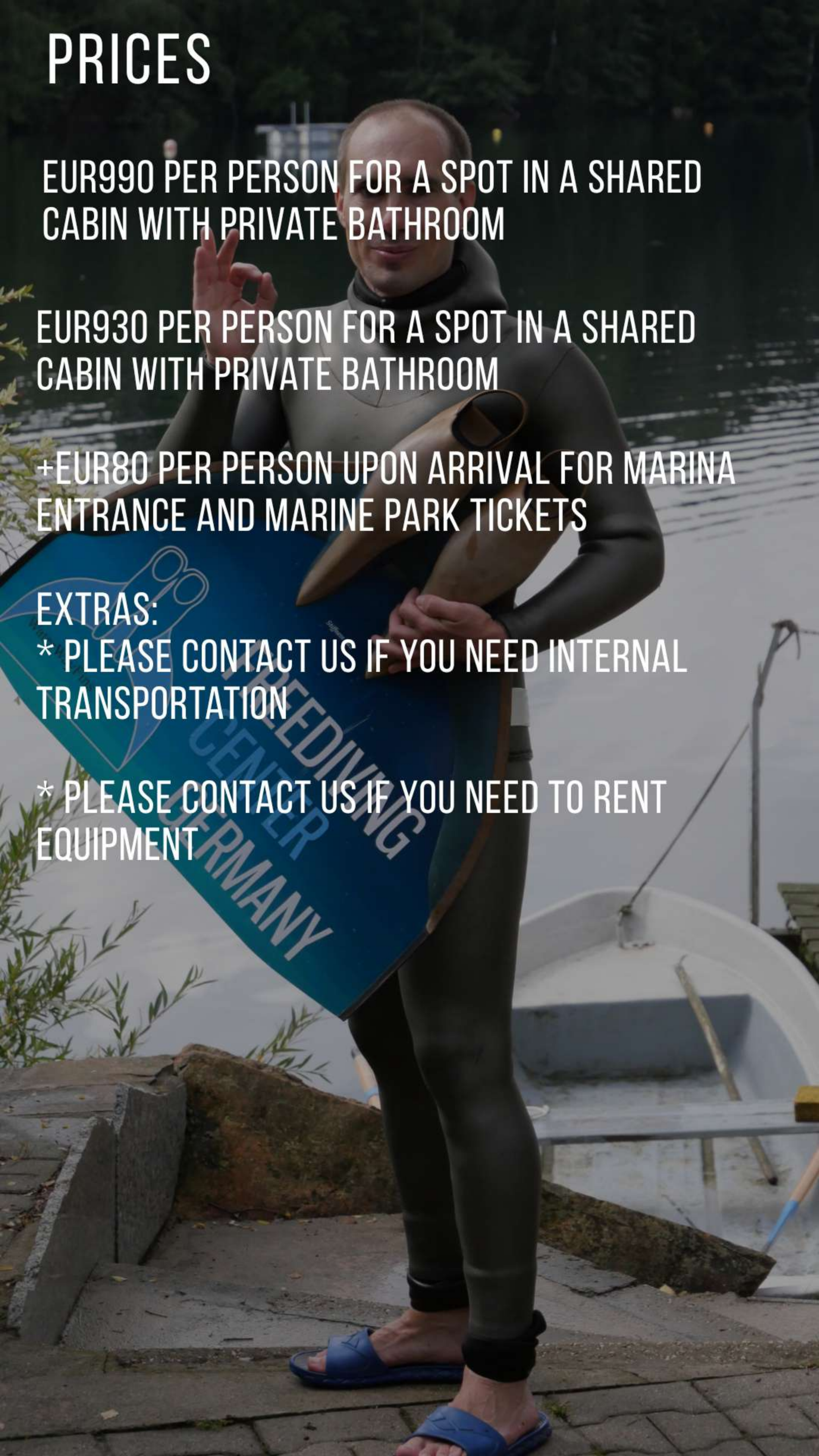
EUR930 PER PERSON FOR A SPOT IN A SHARED CABIN WITH PRIVATE BATHROOM

+EUR80 PER PERSON UPON ARRIVAL FOR MARINA ENTRANCE AND MARINE PARK TICKETS

EXTRAS:

* PLEASE CONTACT US IF YOU NEED INTERNAL TRANSPORTATION

* PLEASE CONTACT US IF YOU NEED TO RENT EQUIPMENT



what is included ?

- Accomodation on Sailboat (7 days- 6 nights)
- All inclusive menu (3 meals)
- Snacks & fruits
- Juices
- Soft & Hot drinks
- Tickets to all Marine protectorates
- Daily breathing sessions
- Freediving Sessions
- Finning and equalization skills
- Beach cleap up - Giving back to our environment
- Dolphins behavior sessions



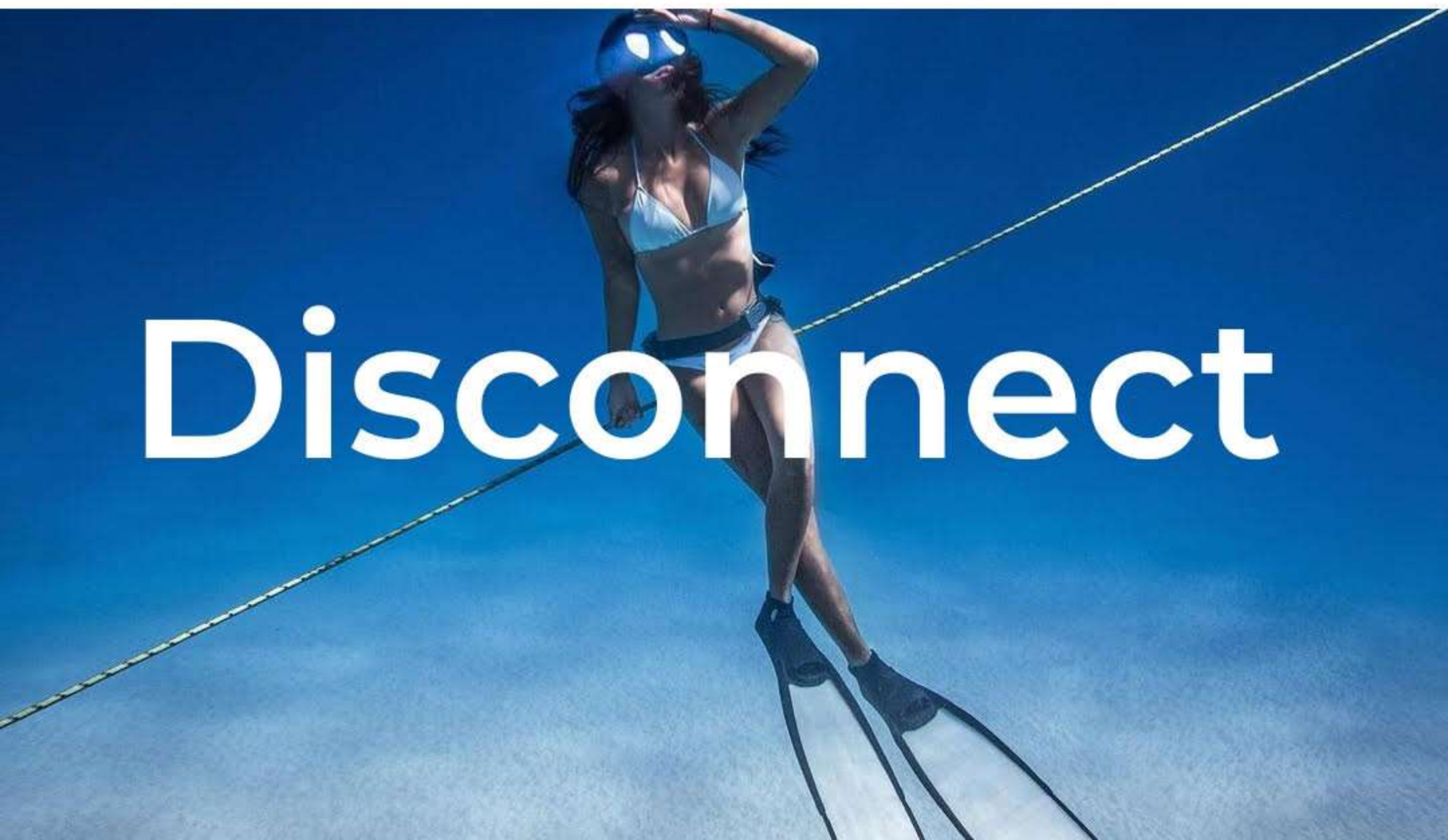
SAIL



EXPLORE



Connect



Disconnect