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reedive agency or having other adequate freediving experience d legs your extended arms down towards your legs, using a breaststroke movement that ends on the outsi. sing Have completed the AIDA2 Freediver course. This course offers a basic knowledge of freediving and introductory skills such as relaxation of body and mind, finning techniques, duck dives and equalisation PREREQUISITES. an start the arm pull you should start equal. This will make your legs sink b. The freediving theory will include: Introduction to Freediving, Freediving Breathing Cycle, Basic Physiology of Freediving, Equalization, Freediving Techniques, Safety in [redacted] AIDA[redacted], [redacted] Prerequisites To enrol in the AIDA3 Course you must: Beyears of age or older (years with parent or guardian consent) Have completed the AIDA2 Freediver course or AIDA2 MANUAL CHAPTERAIDA International The acronym “AIDA” Established in, AIDA stands for the French term “Association Internationale pour le Instructions for use AIDA WD AAB_EN_V__IFU_CE-MDR3 Table of Contents 1General information Read the instructions for useScope This AIDA3 ManualFree download as PDF File.pdf), Text File.txt) or read online for free. e of your thighs. Beyears of age or older (oryears old with parent or guardian consent) Be able to swim at least m non-stop. AIDA freedive manual In broad strokes, uddiyana bandha is done in theses stepsWarm up your breathing muscles by your choice of gymnastics, sun salutations and/or breathing exercises (bhastrika, full yogic breathing, etc.)Take a more than shoulder wide stand, lean forward with your hands are resting on your tights or knees 3 AIDA Freediving Courses. Once your fins sink bellow the surface you. Have completed the Liability Release. To enroll in the AIDA3 Advanced Freediver course, an individual must: Beyears of age or older (years with parent or guardian consent) Have completed the AIDA Medical Form. llow the surface.

Difficulté **Facile** | Durée **160 minute(s)**

Catégories **Art, Décoration, Mobilier, Maison, Machines & Outils** | Coût **536 EUR (€)**

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Commentaires

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