



# Bali Freedive and Mermaid Retreat

*June 8-14*

*\$2600 AUD*

*Learn how to tame your mind, dive deeper, easier and for longer  
whilst having more fun~!*

It's so much fun learning how to dive in this beautiful place.  
The water is calm and warm, and the spirits are high.

You'll make great friends during the week as we bond over group lunches and dinners at different places around the area to support local business.

You can opt in and out of any activities, we pride ourselves on, making sure you have the best time on your holiday as well as factoring in rest and chill time.

Local cuisine, and massages are really cheap. In the afternoons you can choose from downtime or adventure.

And we always have an after party on the last night! So bring on the fun times!

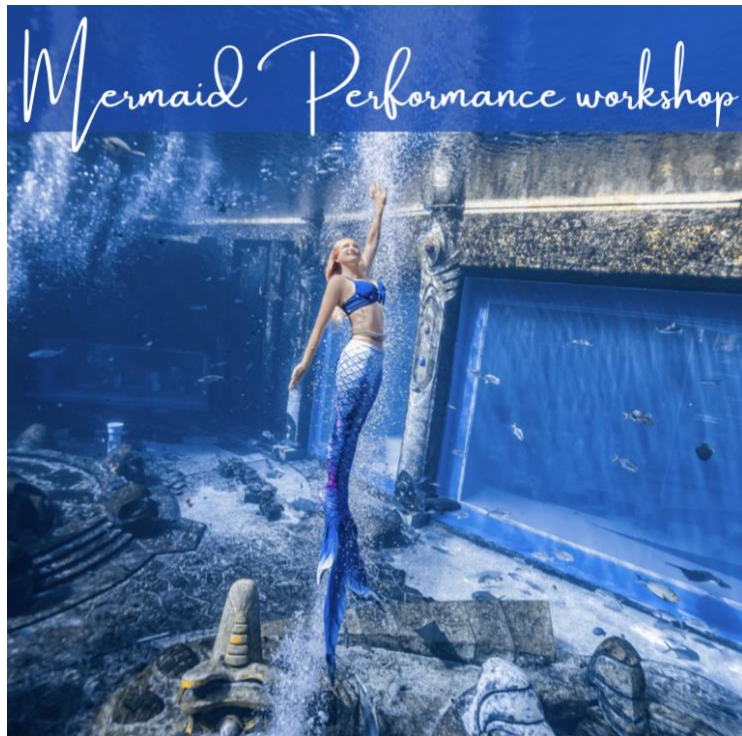


*A week of immersion, learning how to tame  
your mind in and out of the water.*

Come on a Freediving and Mermaid journey with us. Dive into Amed, Bali where the warm, calm and crystal clear blue water meets the green jungle and Mount Agung. Straight off the shore in Jemuluk Bay are several sunken temples and reefs filled with fish to explore and Mermaid in.







**Workshops Included in Retreat**

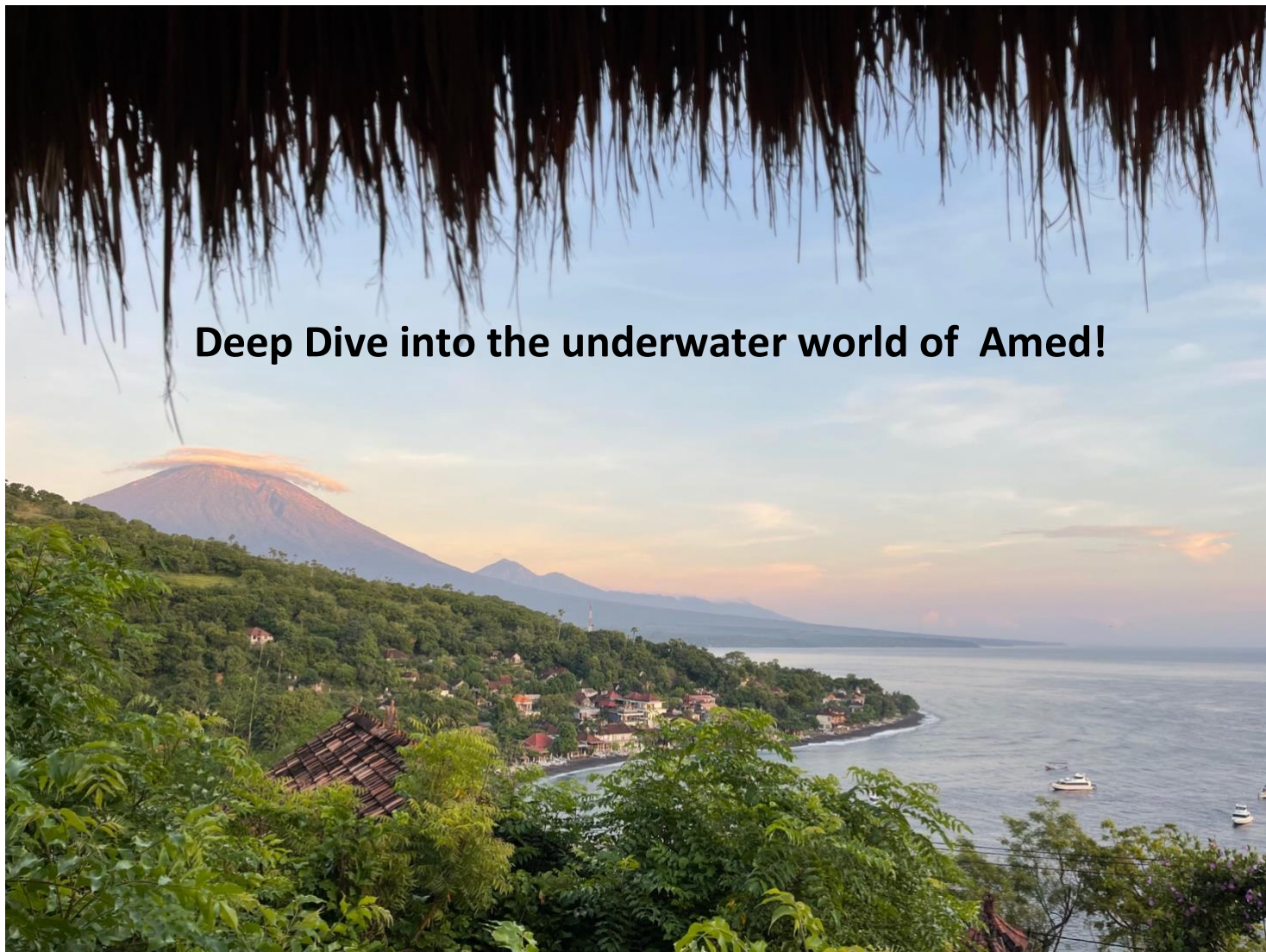
Tools to tame the mind in and out of the water

No fins workshop from an Olympic breath stroke gold medallist

Mermaid Workshop for performances

Talk from an Olympic journey and mindset of resilience and persistence!





## **Deep Dive into the underwater world of Amed!**

Amed is Situated 3 hours drive north east of Denpasar and is the perfect for location for Mermaiding, freediving, relaxing, enjoying good food, massage, great facilities, temples, wrecks, snorkelling and much more.

Across the 7 days, you will learn the art and science of Freediving and Mermaiding, breathhold, meditation with intention and advanced visualisation for freediving and Mermaiding. You will have access to freediving and Mermaid instructors with a wealth of knowledge in and out of the water, including marine conservation and mental health. There are two wrecks to dive including the US Liberty Wreck at Tulamben and Japanese wreck which are all accessible from shore and offer great freediving for all levels and make cute underwater photos. Along the shallow shores, in the reef of the bay, lie many statues and temples to explore, including reef restoration projects.

For anyone seeking to attain PADI Freediver certification, this is a perfect trip for you. This trip offers PADI Freediving and Mermaiding certifications of Beginner, Advanced and Master levels.

The location for all of the training will be at Blue Earth and Apneista who have an outstanding facility including pool, yoga halls, fun hanging gym with ariel yoga and poles, and amazing sweeping views of Amed to Mount Agung.



## **Package includes at a glance:**

PADI Freediver level 1, 2 or 3

PADI Mermaid/ Advanced Mermaid

certification

Theory, pool skills and safety

Breathwork and meditation for diving

Tail and fin hire available

Freedive gear hire available

Daily fees for line diving in the ocean

Meditation & yoga daily

Daily diving sessions to refine your ocean skills  
and confidence

Mermaid Pool sessions for performance

Mermaid Ocean dives for skill development and  
photos

Freediving instructors (ratio 4:1)

Wreck dives and temple exploration

Ice bath: tools to tame the mind and body

Access to world class freediving and yoga location

Underwater photo package

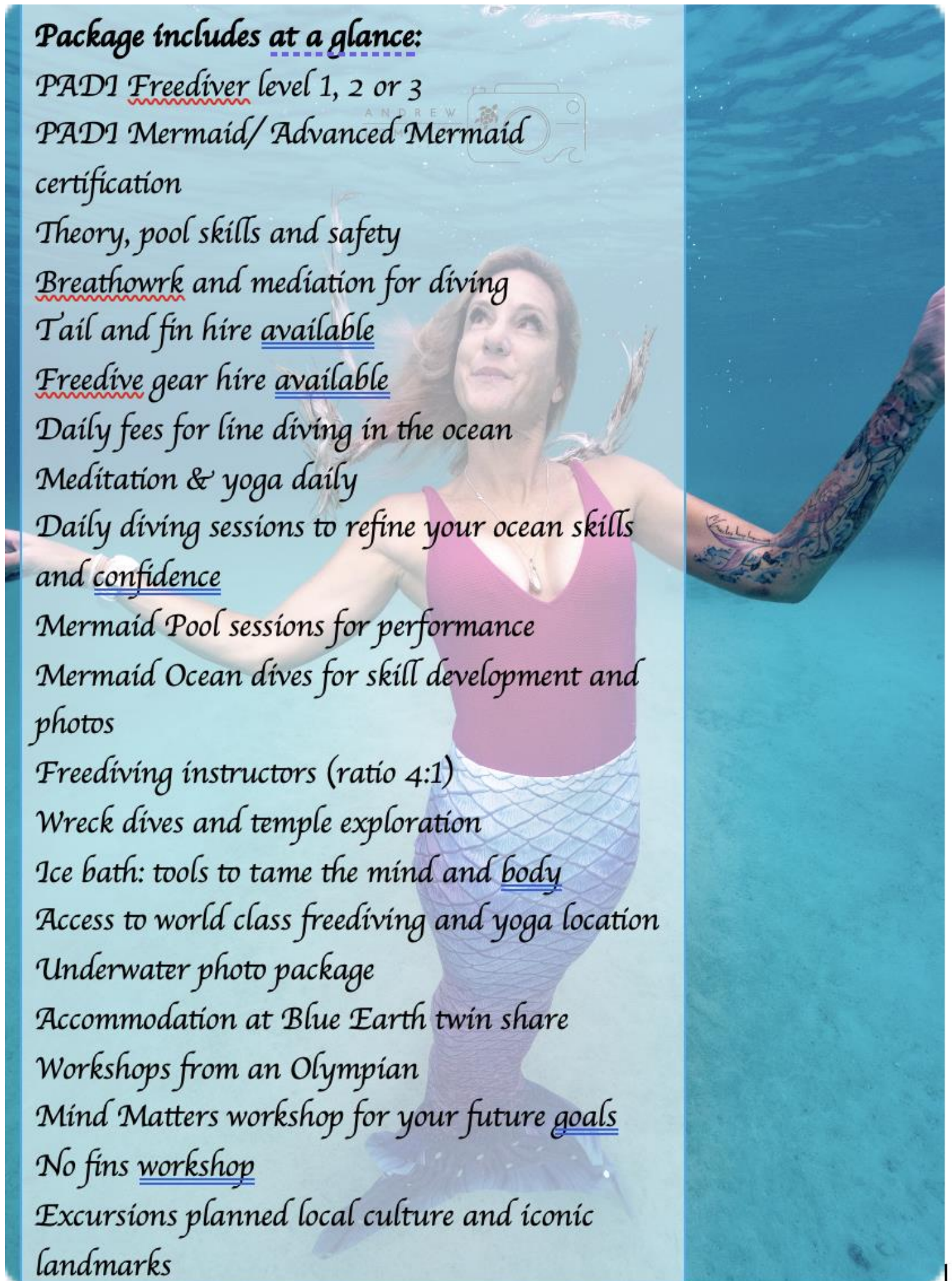
Accommodation at Blue Earth twin share

Workshops from an Olympian

Mind Matters workshop for your future goals

No fins workshop

Excursions planned local culture and iconic  
landmarks



## Itinerary guide of what to expect

Day 1 June 8: Start in Amed 8:30am Welcome, theory and pool skills ( static apnea and dynamics). Social Dinner Blue Earth.

Day 2 June 9: Yoga and meditation for diving. Line diving in the Bay, Lunch at Apneista. Mermaid workshop in the pool. Infinity pool sunset drinks. Social Dinner Blue Earth Talk from Taylor Olympian

Day 3 June 10: Line diving in the Bay for Divers and Mermaids with tails, Lunch. Japanese wreck, massage, relax. Tools to tame your mind Elle. Dinner at Segara on the beach.

Day 4 June 11: Sunrise photo shoot heavens gates, Water/fish temple. Tulumben wreck exploring. Mermaid pool workshop Dom. Yoga, explore bay and underwater temples. No fins workshop Taylor. Sunset drinks and dinner at sunset Amed.

Day 5 June 12: Line diving in the Bay, Lunch. Relax (get a massage, fun diving, free time) Ice bath overlooking the bay. Infinity pool. Social Dinner and movie night/ silent dance. (depending on schedule)

Day 6 June 13: Line diving in the Bay, Lunch. Relax (get a massage, fun diving, free time) After Party theme tbc- shop in Amed to support local businesses.

Day 7 June 14: Diving in the Bay, Lunch and Closing circle, fun dive in the bay, massage.

All extra activities are opt in and out



# Explore the world above and below Amed

Come on an adventure through the jungle and under the sea!







## Getting there:

Fly into Dempo Bali International airport

Pay visa on entry \$50

Transfer car to Amed direct to Blue Earth Café \$60-\$80 AUD (I will send driver contact for you to arrange according to your arrival times and you can share rides)

If you fly in late at night, it will be better to stay somewhere close to the airport and get a driver in the morning as it's a 3 hr drive to Amed.

Arrive the day before the retreat begins and grab accommodation. Let me know if you'd like to stay at Blue earth extra nights and I can arrange your room early. ( Extra fee) or if you want a private room or a family room.



## About me

Hi I'm Elle I have been Freediving for 8 years now and instructing for 3 years I am a Mermaid and Master Freedive instructor

I have been teaching for 22 years in schools primary and high school

I have a masters in NLP and Time Line therapy

I am passionate about the ocean and our minds

Diving, energy and our patterns all start and end in the mind, if we learn how to deal with our mind, we become free and unstoppable

Freediving is limitless and so is our mind

