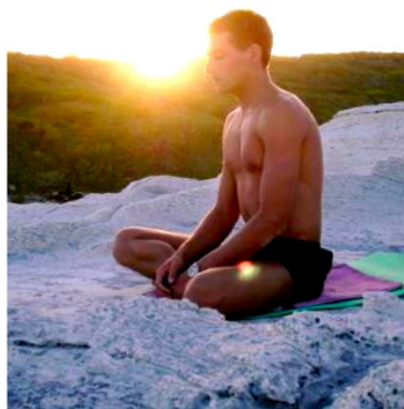


Vertical Blue's first MASTER CLASS



This year, between October 5 - 9 Vertical Blue is proud to host the 'Master Class for Freediving,' a world first in elite freediving instruction.

The course will combine three world experts in the fields of yoga, mental coaching and deep freediving, and will be held over five days in the idyllic location of Dean's Blue Hole (site of the recent Vertical Blue competition, in which five new world records were set).

Principal instructors are:

William Trubridge, BSc, double world record holder (CNF & FIM)

Simon Borg Olivier, MSc BAppSc - founder of Yoga Synergy

Tim Carroll, APMC, NLP trainer & meta-coach - director of Self Insight

The course fee is US\$995 or €655.

For more information write to:

info@verticalblue.net

SIMON BORG-OLIVIER

Simon was introduced to yoga at age six, learning breath retention from his father George Borg-Olivier, who was also a freediver (George was awarded a medal from the queen for freediving into the Mediterranean sea on a cold winter night in 1954 to rescue an unconscious bus driver stuck in a school bus that had driven off a cliff).

Simon was later taught the main bandhas (which he practiced with empty lungs) from Basil Brown, an Olympic athlete. The result was that Simon could swim a lap of an Olympic pool underwater before he could swim on top of the water.

At age 17, a Tibetan Lama introduced Simon to the philosophy of yoga. In 1980, Simon started the physical practice of hatha yoga, going on to learn from the great masters BKS Iyengar, K. Pattabhi Jois and TKV Desikachar.

Simon commenced teaching in 1982 and in 1988 he developed the unique Yoga Synergy system. Yoga Synergy style is designed in accordance with applied anatomy and physiology, but it can also be very dynamic and fluid. Simon developed much of his yoga by practicing complicated exercises whilst holding his breath underwater. Hence, the advanced form of Yoga Synergy includes a precise breathing system that uses powerful breath retentions whilst moving and in stillness, making it an ideal practice for freedivers. In 1998 Simon trained the Australian freediving team sent to the World Championships in Sardinia.

Since 1995 Simon has been teaching courses throughout the world in the Applied Anatomy and Physiology of Yoga, and he is co-author of 'Applied Anatomy and Physiology of Yoga', the main text book for a course he developed and lectures at RMIT University in Melbourne.



TIM CARROLL

Tim is a former elite athlete and has represented New Zealand in Barefoot Waterskiing at 4 world championships. He is working today as a Leadership Coach and Trainer and is a mental coach for the Swedish Golf Team.

As an internationally certified Meta-Coach, NLP/Neuro Semantics trainer and speaker, Tim has worked as an expert in the field of cognitive behavioural sciences and self actualising technologies for the last 10 years.

Tim is the co-owner and Director of Self- Insight a rapidly growing cutting edge coaching and training company focused on actualising leaders, teams and organisations. He has worked with CEO's, entrepreneurs, leaders and athletes, including some of Scandinavia's most successful companies and elite sporting organisations such as the Malmo Football Club and the PGA of Sweden.

Tim's genuineness, experience, passion for growth and "down under" personality make him a natural and comfortable person to work with who supports athletes in creating outstanding results.



please put me on your mailing list . I am interested in this class

by carla hanson on 2008-05-15 22:06:59

love to pre book for january next year 09, for master or simular have done i little bit of free diving 1 star and 2 star with deeper blue i need more traning i just can t grasp it please inlighting me with course suitable for me

by andrew russell on 2008-05-16 11:34:17

Hi rnrnWas interested in the master class event. Have you got more details about the plan for the week, accomadation, prerequisites etc.rnrnThanksrnrnBrian crossland

by brian crossland on 2008-05-20 04:45:24

Dear William, I wrote to you earlier about needing to postpone this course. Please let me know if you got the email.rnrnThanks,rnMaya

by Maya de Almeida Araujo on 2008-09-28 17:23:15

Hello I am interested in a intro to Free diving class.I live in Eleuthera work out of Miami.

by David Ferguson on 2009-05-15 05:51:07

I have been free diving for most of my life but never been to a class. Would be very interested in the master class or the stage classes for 2009 or 2010. rnThanks for your time.rnrnJim

by Jim Cooper on 2009-06-23 16:39:25

Hi William, I have just about managed to scrape through my 3*** course with DepperBlue, I would love to attend one of your courses to help me to progress with my depth & especially my statics. Many thanks. Tony

by Tony Hoynes on 2009-07-29 02:38:16

Hi there! I'm an ashtangi in India and will be completing AIDA *** this September. I'm very interested in this course.

by Aarthi on 2009-08-24 05:49:35