

# Master Class, 2nd edition

From September 21-25, 2009 Vertical Blue will again hold its once-yearly Master Class, a chance for elite-level freedivers to extend their skill base and capacity in the three major areas of the sport:

- in water technique and dive strategy, with practical lessons and theory classes run by world record holder William Trubridge
- sessions of advanced yoga and pranayama with world-renowned Ashstanga instructor and expert in the physiology and diet of yoga, Simon Borg-Olivier.
- guided meditation and formative exercises with Britta Trubridge

*Pictures from the 2008 course*



*pre-dive stretching exercises on the beach in front of Dean's Blue Hole.*



*The class hanging out on the Vertical Blue dive platform.*



*Ascending under the watchful eye of instructor William Trubridge*



*Master Class instructors Tim Carroll, Simon Borg-Olivier and William Trubridge*



*Sessions of pranayama and meditation on a rock promontory overlooking the Atlantic.*

For more information visit <http://www.verticalblue.net/school.php> or write to [info@verticalblue.net](mailto:info@verticalblue.net)

*This entry has no comments yet.*