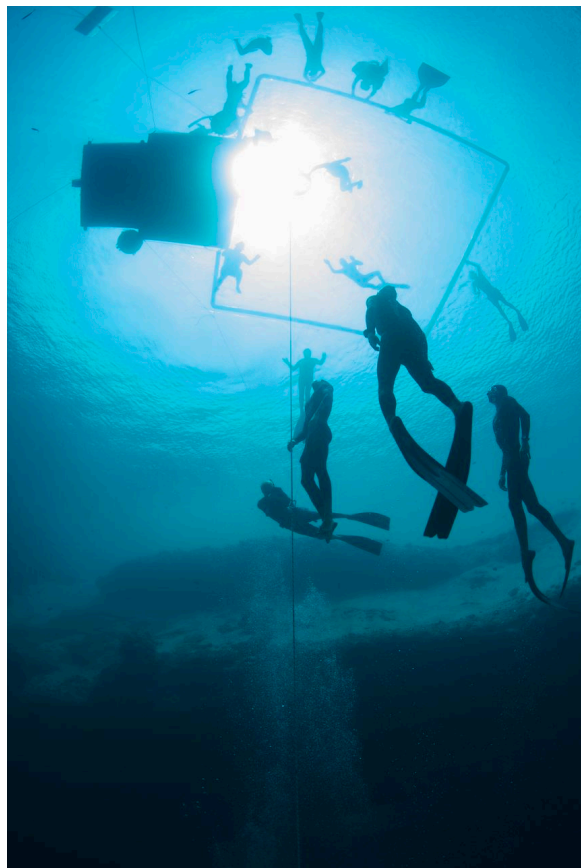


Autumn courses in the Bahamas

This autumn we will be holding two courses at Dean's Blue Hole, Bahamas in the month of November, a **STAGE** (intermediate class) and our annual **MASTER CLASS**. Details on both courses, as well as how to book a place are below. Last year the Master Class sold out quickly, so be sure to book early to ensure a position, as we have been receiving even more interest this year.

Note: There is a possibility that we may schedule a beginner class in early December also. Please contact us if this idea interests you.



1. VERTICAL BLUE STAGE November 7-11 **PRICE \$585**

This is an intermediate level, 4.5 day course.

The program is split into three parts, with practical sessions guided by William Trubridge and Brian Pucella in the warm and still waters of Dean's Blue Hole, theory lessons taken by William in the afternoon and yoga sessions with Britta Trubridge in the evenings (and one early morning sunrise session!)

*The course focuses heavily on technique, not just for underwater movement but also for breathing, flexibility, mental preparation and nutrition. Interested persons should have some experience in freediving, and we recommend that students read the text *Manual of Freediving* prior to attending the course.*

MASTER CLASS November 15-19 **PRICE \$995**

For a fourth consecutive year we will be holding "the highest level course on offer in the world" [quote from student feedback].

The Master Class is Vertical Blue's flagship course, bringing together a team of experts to offer the highest caliber of instruction, in the world's best freediving location - Dean's Blue Hole.

William Trubridge & UK freediving champion Sara Campbell will collaborate to instruct students in all three depth disciplines (CNF, CWT and FIM), and they are joined by Sivananda Yoga instructor Britta Trubridge, as well as other world-class assistant instructors.

The exact schedule for the course will be released closer to the date, but we can send anyone who is interested the program from the 2010 course as a reference. We can also assist students with travel advice, accommodation and car rental reservations.

Master Class students have the opportunity to continue using the Vertical Blue dive platform and other equipment free of charge for up to 2 weeks after the course ends, provided that all their training is with a qualified dive partner, observing safe freediving practices.



To book a place in either course, write to us at info@verticalblue.net and we will send information on how to confirm. **IMPORTANT** – there are a very limited number of places on both courses, and we have received more interest than normal this year, so if you plan on coming then please let us know as soon as possible so that we can reserve a place for you (we can hold a reservation for 1 week without a deposit).

We hope to see you soon in the Bahamas for what promises to be a very exciting course season!

William Trubridge
Course Director