

TRAIN SMARTER, SAFER, AND FASTER WITH SARA CAMPBELL’S YOGA FOR FREEDIVING

**Work with your body’s own natural adaptation process to maximise your strengths and identify the areas to work on for maximum progression**

31st March 2017 : - - Training & Performance is the fourth course in Sara Campbell’s amazing Yoga for Freediving online training programme. Training & Performance reveals how understanding your body and the natural laws of adaptation will help you create a training schedule and strategy which gives you optimal progression without going into over-training or experiencing injury. In short, this course shows you the fastest and safest way to expand your potential in the water.

***Smarter****: use the natural wisdom of you body to work at the optimal level for you*

***Safer****: smart training leads to less stress, less injury, less black-outs, less set-backs*

***Faster****: safe training avoids injury and over-training (set-backs) so that you ensure a smooth and steady progression*

World champion freediver, four-times world record holder, and Kundalini Yoga Teacher, Sara Campbell, shocked the world by setting her first three world records in three days, with just nine months in the sport. Integration of yoga and meditation practice and applying spiritual principles to her diving were her secret. Training & Performance brings six more incredible, highly professional videos (two and a half hours of unique content) to help you understand the mystery of your body and gain mastery of your mind, to blast through your mental barriers while respecting the physical integrity and health of your body.

“I never experienced a squeeze in my diving career, despite achieving world records in world record time (90m in nine months),” Sara said. “I believe that understanding the spiritual principles of natural adaptation helped me to always find the right zone in my training – pushing myself to always explore my potential, but never going beyond healthy, natural boundaries, so never experiencing set-backs.”

Following on from Deep Relaxation, Manage Your Mind, and Energy Beyond Breath, Training and Performance brings new, incredible, and insightful concepts to help freedivers of all levels improve their performance and gain more success and pleasure from their training. This course stands alone for those interested specifically in the topic of Training and Performance, but the most benefit is to be gained from working through the full programme, starting with Deep Relaxation.

As with all the Yoga for Freediving courses, the full Training & Performance course is just $50, and based on feedback from freedivers using the other courses, this looks like it might be the best $50 you will spend on your freediving career.

Videos contained in this course are:

Training Zone: I introduce the concept of finding a zone, which sits within the narrow margin where something is ‘challenging yet sustainable’ – this is the zone of growth, development and expansion, and is subtly different for each one of us

Comfort Zone: the comfort zone is the dead zone. We hide in the comfort zone when we feel fear but ultimately it kills us through stagnation and ever more limited lives

Basic Breath Series: a thorough pranayama series which all freedivers should integrate into their training to improve lung capacity and breath control as well as to increase understanding of the physiology of breath

Basic Spinal Energizer: this kriya, or series of exercises, focuses on the spine, which is crucial to our training – for flexibility, core strength for propulsion, and efficient neuro-muscular communication

Respecting your Body: our body is smart. It speaks to us. We need to learn to listen – discomfort, pain and particularly blood, are signs that we have pushed, possibly too far. Learning to understand and respect these signals are the key to healthy and sustained progression

The Perfect Dive: a guided visualisation which takes you on the journey of a blissful dive wherever you are. Visualisation is a key tool for training – this dive will help you to iron out any blocks and problems you face underwater

As with all Yoga for Freediving courses, you also receive the 22 FREE How To videos (another two hours), which explain the basic exercises, yogic and freedive techniques and terminology throughout this programme.

The Training & Performance course can be accessed here:

www.discoveryourdepths.com/yoga-for-freediving

[www.yogaforfreediving.com/ENTER-YOUR-PARTNER-CODE-HERE](http://www.yogaforfreediving.com/ENTER-YOUR-PARTNER-CODE-HERE)

Training & Performance is also available as a limited edition Go Premium course, giving you a one to one consultation and three online skype coaching sessions with Sara for just $300!

For more information about Sara, Discover Your Depths and other training programmes available, please visit <http://www.discoveryourdepths.com>

**It is important to note that these courses are not intended to replace any of the recognised certification training programmes, through which students learn the essential basics of in-water personal and buddy safety.**

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Notes for Editors

**About Sara Campbell**

Sara Campbell started diving in 2006 and nine months of training later held a World Record in each of the depth disciplines (56m No Fins, 81m Free Immersion and 90m Constant Weight), and took her first World Championship gold medal. Since then she set a further official World Record in Constant Weight (96m), and in 2011 became unofficially the deepest woman in the world with a dive to 104 meters.

Sara is the founder of Discover Your Depths, a unique teaching and personal growth philosophy based on yoga, meditation, freediving and mind-body awareness. Her new Yoga for Freediving programme is based on her unique training philosophy.

She has been the subject of several BBC documentaries and featured in travel, womens’ and sports press internationally.

She lives in Dahab on the Red Sea in Egypt, where she teaches classes, workshops and retreats. She also teaches, leads retreats and presents internationally.

For more information about Sara, Discover Your Depths and other training programmes available, please visit <http://www.discoveryourdepths.com>

**About Yoga for Freediving**

**YOGA FOR FREEDIVING STRUCTURE:**

The full *Yoga for Freediving* programme contains six yoga-based freediving courses, each bringing around two hours’ worth of advice, exercises, techniques and meditations to help tackle what Sara considers to be the five crucial aspects of freediving as a spiritual journey:

* DEEP RELAXATION
* MANAGE YOUR MIND
* ENERGY BEYOND BREATH
* TRAINING & PERFORMANCE
* SUCCESS & FAILURE
* PRE-DIVE PREPARATION

**COURSE STRUCTURE**

Each course contains:

* around two hours (five to seven videos) of unique targeted content
* 22 How To videos covering the essential basics of Yoga for Freediving, to enable freedivers of all levels to create their own training programme from the courses.
* audio downloads of the lectures and visualisations to accompany pool/ocean-side warm-ups, and for deeper immersion into the theory and philosophy of the unique *Discover Your Depths* approach
* pdf downloads of a suggested six-week training programme for each course, plus other useful additional information

**PRICING**

Courses are priced at $50 each

Go Premium courses including one to one skype coaching with Sara are available for just $300.

**CUSTOMER SUPPORT**

The programme is hosted on the VHX platform, which provides great customer support including a forum and online documents to help customers and developers. For more information on VHX visit [www.vhx.tv](http://www.vhx.tv).

For further information about this programme, please visit : <http://www.discoveryourdepths.com/yoga-for-freediving>