

Nusa Penida | Bali | 22 - 28 Jan 2025

Freedive Indonesia

Freedive & Yoga | Ocean Adventures



bluebackfreedivingandyoga@gmail.com



Be free.

Freediving is a natural way of life that we believe is an important way to synergize our human need to be living in connection with plants and animals, utilizing our bodies' natural mammalian dive response to calm our nervous system and restore ourselves from the stresses of modern life. Freediving is nature's anti-depressant.



Come join us for 7 days of freediving, refreshing and developing your aquatic breath-hold skills. Enjoy exotic ocean life, exploring the warm, rich seas around the peaceful Island of Nusa Penida, while freediving in the turquoise waters of the Nusa Penida Marine Park with manta rays and turtles.

Let go.

22 – 28 January, 2025.



Island Life

Our journey begins on the Island of the Gods, Bali, where you will take a short 45-minute boat ride to Nusa Penida. From there you'll be transported to our rustic Balinese-style treehouse bungalows or poolside rooms, wrapped in jungle on the north side of the island. There we will spend 7 days, 6 nights with the use of an in-house pool for our freedive training. The days that follow will include seaside dining, mangrove trekking, island hopping and generally soaking up the tropical sunshine and Indonesia culture. An incredibly biodiverse coral reef ecosystem flourishes only a 5-minute scooter ride from our door with regular reef and oceanic manta sightings from the island.

For 7 days and 6 nights we will enjoy developing our depth freediving with our partner freedive school in Nusa Penida, and enjoy a boat expedition to explore the coral gardens of the Nusa Penida Marine Park, going in search of giant manta rays. We'll embark on daily freedives and expand our yoga practice with sessions wrapped in nature, allowing room to relax, breathe and recover from the stresses of every day modern life.



Wild Blue

On your 7-day holiday, you will visit Nusa Penida, spending 6 nights living a tropical island lifestyle. This will be the absolute trip of a lifetime and **the best way to enjoy freediving** with 7 days to gently explore breathing practices, yoga for freediving, while building ocean confidence in a small group! For uncertified freedivers, we recommend you complete a PADI Level 1 Freediver certification with us before the trip and enjoy developing your aquatic abilities while on the Bali Island Tour.

Our trips will be guided by local sea captains, freediving professionals and marine biologists to teach us about the coral reef ecosystems, mangrove habitats and mantas and help you identify the various types of sea life in the Indonesian seas.

**Please Note: Depth training will only be possible within the range of depth that has been achieved by your certification level, and deeper depths will only be permitted if you have a minimum 6 months experience training freediving and have completed, at least the theory and safety components of your next level of freediving certification to ensure your knowledge base for our depth session in Nusa Penida are well-within your limits.*

Our freedive sites will range from 2m to 30m plus.



Proposed Program

Wed 22 January

8am Arrive Bali. Transfer to Ferry
10am Brunch
11am Check in for Ferry to Nusa Penida
1pm Arrive Nusa Penida,
2pm Check in Accom.
4pm Yoga & Freedive Pool Session I
6pm Dinner

Thu 23 January

7am Freedive Manta Expedition
11am Brunch
1pm Freedive Ocean Session I
4pm Coral Reef Restoration Talk
6pm Dinner

Fri 24 January

7am Yoga & Freedive Pool Session II
11am Brunch
1pm Freedive Ocean Session II
4pm Rest
6pm Dinner

Sat 25 January

7am Freedive Ocean Session III
11am Brunch
1pm Freedive Ocean Session IV
6pm Dinner

Sun 26 January

7am Mangrove Reforestation
11am Brunch
4pm Yoga & Freedive Pool Session III
6pm Dinner

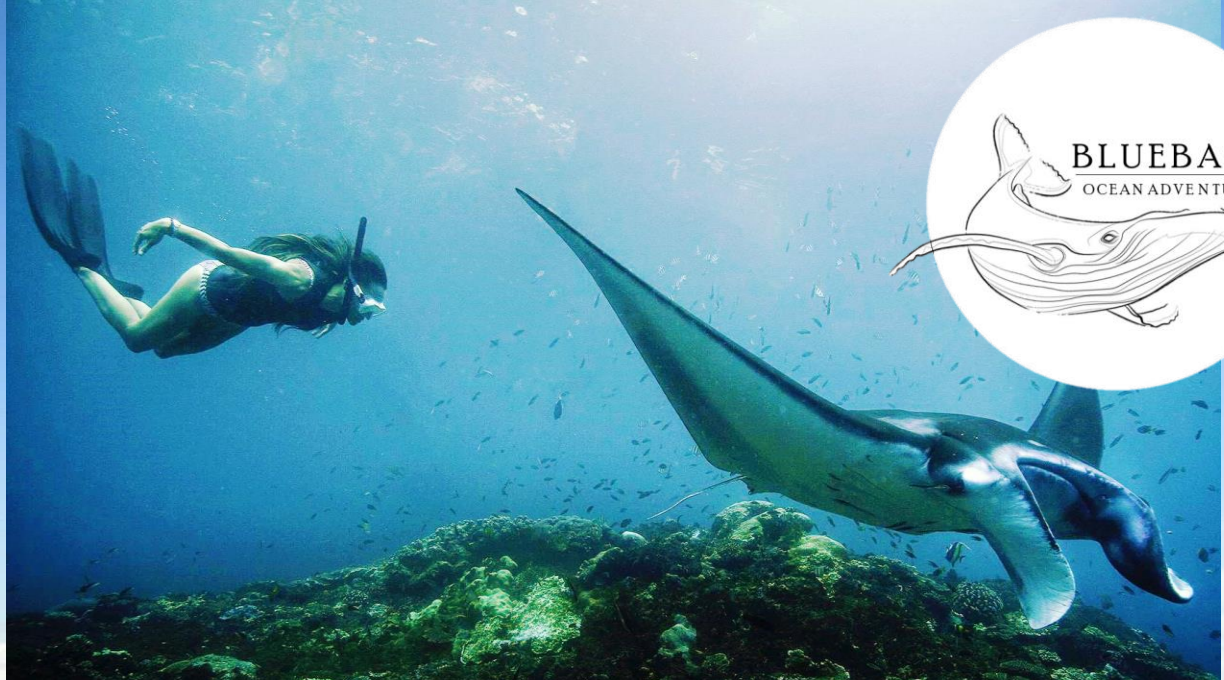
Mon 27 January

7am Coral Reef Restoration
11am Brunch
4pm Yoga & Freedive Pool Session IV
6pm Dinner

Tue 28 January

7am Check out Accom
9am Freedive Ocean Session V
11am Brunch & Chill.
3pm Transfer to Ferry.
5pm Ferry to Bali.
6pm Transfer to airport.
9pm Bali to Perth flight.
Hugs goodbye.

Please Note: Times and locations for freediving are approximate and may vary considerably in accordance with *Island Time*, sea conditions, and wind strength.



Nusa Penida Marine Park

The Nusa Penida Marine Protected Area (MPA) was established in 2010 through the commitment of the Klungkung District Government, with support from the Coral Triangle Centre and wider partners.

The MPA is located off the southeast coast of Bali, covering an area of 20,057 hectares, and surrounds a group of three islands: Nusa Penida, Nusa Lembongan and Nusa Ceningan.

The biodiversity of the Nusa Penida MPA is phenomenal. The area is home to 296 species of coral and 576 species of reef fish. It is one of the best places in the world to freedive with manta rays, with a large population frequenting the reefs.

Strong daily tidal flows push through the region, combining with nutrient-rich water upwelling from the depths of the Indian Ocean to create ideal conditions for thousands of species of corals and tropical fish to flourish.



Fees

Included: All freediving depth training, coral reef and mangrove reforestation eco- tours guided by professional freediving instructors | all transfers | all boat excursions | 6 nights accommodation Nusa Penida (Twin share. Private room with ensuite for additional fee) | Blue Island Park Fees | Daily transfers | Freedive, Yoga and Depth Freedive Training

REGULAR PRICE | CERTIFIED FREEDIVER PRICE

Final fees due by 5pm on 14 January. Deposit due by 5pm on 7 January.

TOTAL PER SINGLE PERSON – (TWIN SHARE with ensuite) \$2,090 AUD

TOTAL PER SINGLE PERSON – (PRIVATE ROOM with ensuite) \$2,390 AUD

TOTAL PER SINGLE PERSON – (TREEHOUSE PRIVATE ROOM with external bathroom) \$2,590 AUD

TOTAL PER COUPLE – (PRIVATE ROOM with ensuite) \$3,980 AUD

TOTAL PER COUPLE – (TREEHOUSE PRIVATE ROOM with external bathroom) \$4,180 AUD

TOTAL PER COUPLE – (PRIVATE VILLA with air con, bath tub, private deck & ensuite) \$4,450 AUD

EARLY BIRD PRICE | CERTIFIED FREEDIVER PRICE

Final fees due by 5pm on 21 December for Early Bird Price.

TOTAL PER SINGLE PERSON – (TWIN SHARE with ensuite) \$1,790 AUD

TOTAL PER SINGLE PERSON – (PRIVATE ROOM with ensuite) \$2,190 AUD

TOTAL PER SINGLE PERSON – (TREEHOUSE PRIVATE ROOM with external bathroom) \$2,390 AUD

TOTAL PER COUPLE – (PRIVATE ROOM with ensuite) \$3,580 AUD

TOTAL PER COUPLE – (TREEHOUSE PRIVATE ROOM with external bathroom) \$3,780 AUD

TOTAL PER COUPLE – (PRIVATE VILLA with air con, bath tub, private deck & ensuite) \$3,990 AUD

Excluded / Additional Fees and Charges: Flights to and from Bali | Travel Insurance | Soft drinks and alcoholic beverages | Meals during the trip | Massage | Gear hire | Tips & Gratuities + \$85 pp for premium freedive gear hire from Perth or hire basic freedive gear in Bali

After 7 January all deposits are non-refundable unless trip is cancelled by the operator. Choose your trip wisely, ensure flights are possible. Ask questions you have before you book.

PAYMENT SCHEDULE

Early Bird Price - Full Fees: \$1,790 - \$3,990 AUD due before 5pm on 21 Dec, 2024.

Regular Price Deposit: \$1,000 AUD due before 5pm on 7 January, 2025.

Regular Price Final Fees: Due before 5pm on 14 January, 2025.

Pay to: Blueback | BSB 066107 | ACC 1077 8886 | REF Your Last Name

Terms & Conditions

Full fees or minimum deposit to be paid (\$1,000) to secure place by 7 January 2025. All fees are fully refundable before 7 January. To qualify for the EARLY BIRD price, full fees must be paid before 5pm on 14 December (\$1,790 - \$3,990 AUD).

Booking international flights are your responsibility. You must have 6-12 months remaining on your passport, VISA and complete all customs declarations and online bookings prior to our trip departure.

All flights Ex-Perth to Bali and Ex-Bali to Perth must be **booked and confirmation sent to Blueback preferably prior to 7 January**. Please check we have exceeded our minimum numbers to go ahead before booking your flights. We will not be responsible for flights booked without prior confirmation of trip going ahead. Following our recommended flight times for all flights will ensure a smooth group transfer experience for all. Please ensure you book early and follow our booking advice for the flight numbers if you wish to fly together ex-Perth. We recommend booking flexible flights and travel insurance for the duration of the trip. These are not included in the trip.

Strictly no cancellations or refunds beyond 7 January. **Final fees due by 21 December for Early Bird Price and 14 January for Regular Price***.

*Late payment of fees beyond 14 January will incur a late fee of \$100 **per day** late.

All bookings, tours and accommodation, fees and program are booked and paid ahead. Full refunds given in the event of an unexpected Emergency Situation / 'Act of God' where-in accommodation, tour and training charges are fully refunded by the providers. Trip rescheduled in the event of an unexpected Emergency Situation / 'Act of God' where-in accommodation charges are not fully-refunded by the provider.

Freedivers must provide their Level 1 certification otherwise a \$200 surcharge applies, be in good general health and confident swimmers with all medical history, forms and fees returned with the deposit to attend.

Trip will only go ahead if minimum 8 freedivers are paid by 5pm 7 January 2025.



*Breathing better
in a biodiverse world.*



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