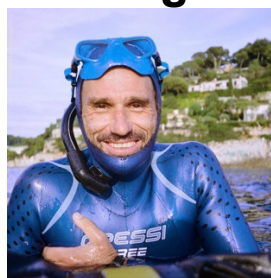


Freediving courses BLUNERY Academy at NEMO'Z Diving in Moorea

The Bluenery Academy courses have been designed by Guillaume Nery, World Freediving Champion.



Guillaume Néry

Several options are available, with a maximum of 3 students per instructor.

1) Introductory course half day

19.000 XPF / 160€

A good start for beginner to connect with the water. A 1 day introduction exclusively designed by french freediving world champion [Guillaume Néry](#) and his team. This course is suited to all levels, no matter how familiar you are with the ocean : we provide an easy and efficient way to enter the underwater world.

Learning objectives of first day :

- Prepare your dives by using conscious breathing and relaxation techniques, an introduction to the Bluenery breathe-up.
- Start practising equalization : clearing your ears underwater.
- Train your first breath-holds.

Welcome to the world of freediving!

Course descriptions at the bottom of the page.

2) 2 courses introduction to freediving

34.000 XPF / 290€

A 2 days introduction designed exclusively for beginners by french freediving world champion Guillaume Néry and his team. **This course is designed for you to become more and more comfortable in the open water.**

DAY 1 Learning objectives: -Prepare your dives by using conscious breathing and relaxation techniques, an introduction to the Bluenery breathe-up. -Start practising equalization : clearing your ears underwater. -Train your first breath-holds.

DAY 2 Learning objectives: -Refine your breath-up technique -Become familiar with the Mammalian Dive Response -Practise Free Immersion and Constant Weight
-Train your duck-dive

Learn the basics of freediving, and let yourself go !

Course descriptions at the bottom of the page.

3) The beginner 3 courses experience

48.900 XPF / 410€

A full cycle of 3 days dedicated to beginner to discover the basics of freediving and to become more and more comfortable in the open water. A program exclusively designed by french deep freediving world champion [Guillaume Néry](#) and his team: an easy and efficient way to enter the underwater world.

Learning objectives :

Day 1:

- Prepare your dives by using conscious breathing and relaxation techniques, an introduction to the Bluenery breathe-up.
- Start practising equalization : clearing your ears underwater.
- Train your first breath-holds.

Day 2:

- Refine your breath-up technique
- Become familiar with the Mammalian Dive Response
- Practise Free Immersion and Constant Weight
- Train your duck-dive

Day 3:

- Understand the effects of depth and pressure on the human body.
- Improve your Free Immersion / Constant Weight and ear equalization technique.
- Buoyancy for freediving – learn how to establish your neutral buoyancy.
- Experience new sensations, and appreciate your progress.

Learn the basics of freediving, and let yourself go !

Course descriptions at the bottom of the page.

4) The beginner full experience: 7 days.

110.000 XPF / 930€

A full cycle of 7 days practice especially designed for beginners to become advanced responsible freedivers. This program is suited to all levels, no matter how familiar you are with the ocean.

An exclusive easy and efficient learning method designed by french freediving world champion [Guillaume Néry](#) and his team.

Ready for an adventure ?

Advices: PLEASE NOTICE THAT YOU WILL NEED A MINIMUM AVERAGE OF 10 DAYS TO COMPLETE THE 7 DAYS PROGRAM (days off are mandatory between few advanced sessions).

Course descriptions bellow.

Course day descriptions :

DAY 1: "CONNECT TO WATER"

Bluenery Academy welcomes you to **an introduction to freediving in the legendary island of Moorea**. This course is suited to all levels, no matter how familiar you are with the ocean : **we provide an easy and efficient way to enter the underwater world**.

During your first day, you will discover breathing and relaxation methods – exclusively developed by Guillaume Néry, and our entire team of certified instructors.

You will learn how to clear your ears underwater and practice one of the more relaxing disciplines of freediving : Free Immersion. **Your instructor will accompany you at all times** regardless of depth, to give you the confidence and security to explore freely.



Learning objectives : -Prepare your dives by using conscious breathing and relaxation techniques, an introduction to the Bluenery breathe-up. -Start practising equalization : clearing your ears underwater. -Train your first breath-holds.

Welcome to the world of freediving !

DAY 2: "LEAVE THE SURFACE"

This course is designed for you to **become more and more comfortable in the open water**.

The day starts with a relaxing yoga class suited to all levels – a great warm-up and an excellent complement to freediving, as both disciplines place special emphasis on the breath. Your morning stretch is followed by relaxation exercises, and breath-training. Before going in the ocean, you will **learn more about human-water**

connection, as we review the Diving Response – fascinating physiological adjustments triggered by underwater submersion.

During the water session, you will continue to **practice Free Immersion**, and discover another freediving discipline called **Constant Weight**, where divers descend and ascend by finning only, without pulling on the guide rope. You will also train your duck-dive, a technique used to leave the surface and start your **dive in an efficient and relaxed way**.



Learning objectives : -Refine your breath-up technique -Become familiar with the Mammalian Dive Response -Practise Free Immersion and Constant Weight -Train your duck-dive

Keep learning the basics of freediving, and let yourself go !

DAY 3: “EXPLORE YOUR DEPTHS”

Your freediving journey continues as you **improve your technique and deepen your knowledge**.

The day begins with a meditation in motion, a way of training your awareness by combining breath and movement during a full body stretch – **strengthening your mind-body connection**. Before going in the ocean, you will find out more about the science behind breath-hold and receive an introduction to freediving physics.

During the water session, you will learn how to check your buoyancy and keep **practising Constant Weight and Free Immersion**. You will be introduced to a piece of safety equipment – a lanyard – securing you to the guide rope during your dives. As you progress, your self-exploration intensifies. **Managing your emotions** is essential to fully enjoy your dives, allowing you to **further connect with the water**.



Learning objectives :

-Understand the effects of depth and pressure on the human body.

– Improve your Free Immersion / Constant Weight and ear equalization technique. - Buoyancy for freediving – learn how to establish your neutral buoyancy. -Experience new sensations, and appreciate your progress.

By the end of this first chapter with Bluenery, you will be able to freedive comfortably between 15 to 25m. Keep on learning!

DAY 4: “SAFETY, DIVE TOGETHER”

The 4th step of your aquatic journey **focuses on safety rules and procedures**, to make sure you keep learning and **enjoying the ocean in a safe and responsible way**.

The day begins with a yoga practice and breathing exercises to wake up the body, and is followed by a review of the most important safety guidelines. **Learn about the buddy-system, a fundamental principle of freediving**, and know how to identify the signs of hypoxia, or any other critical situation relating to both training and recreational freediving.

During the water session you will apply **your new skills at depth** : perform a rescue exercise, and **practice your self-control by remaining calm and focused, in the present moment**. Our team has thought of fun and instructive ways for you to learn and practice safety procedures. Whether you're planning on pursuing your freediving education, or exploring under the waves during your next holiday, **Bluenery Academy aims to train responsible freedivers**.



Learning objectives : -Understand that safety comes first. -Become familiar with the buddy system. -Plan your dive. -Recognize the signs of hypoxia. -Perform a rescue exercise.

Make sure you build the right attitude : safety and self-awareness will be the main concepts of this course.

DAY 5: "FREEFALL"

We invite you to join us in the discovery of what is often described as **the best part of freediving**. A mesmerizing experience and an important milestone in your underwater journey : **the freefall**. That moment in which you become negatively buoyant, and dive effortlessly into the deep... without having to fin or swim down.

As preparation for your freefall, we will introduce you to a series of exercises : Pranayama – the practice of breath control – stretching for freediving, as well as visualization techniques, a precious tool for achieving your goals and managing your emotions. Before jumping in the ocean you will enrich your knowledge of freediving-science, by taking a more in-depth look at Boyle's Law and the Mammalian Dive Response.

During the water session you will practice your freefall technique and learn how to assume a streamlined body position. Keep relaxing your body and mind, **listen to your sensations to find the point of freefall**... and surrender to the present moment.



Learning objectives : -Learning and practicing freefall technique. -Relaxing your body and mind. -Experiencing buoyancy shifts, finding the point of freefall, adjusting your body position.

Reconnect to your body and mind, and let yourself go during this introduction to the freefall technique, an important step in your freediving journey.

DAY 6: *"THE BIG BLUE"*.

Bluenery academy accompanies you in reaching new depths by focusing on **refining your skills** and intensifying **your understanding of the art of freediving**. Today we will be improving your relaxation as well as your technique. The morning starts with pranayama, followed by a guided visualization exercise and diaphragmatic stretching – to help the body adapt to pressure at depth.

During the water session you will become more familiar with exhale diving, a great warm-up for deeper dives. Discover a **very efficient finning technique**, called **"Dolphin kick"**, and learn the mechanics of this powerful movement. Keep exploring new sensations, and pay attention to your emotions.



Learning objectives : -Practice your dolphin kick - Discover exhale diving, great for depth-training -Stay in tune with your emotions and sensations

The big blue awaits !

DAY 7: *"DIVE FREE"*

This course will allow you to discover a more recreational type of freediving. **Explore the underwater life of Moorea**, and learn how to apply all your aquatic skills and knowledge to your fun-dives.

Find out how to safely enjoy the ocean and everything it has to offer – from marine life to coral reefs and shipwrecks. **Learn how to prepare your dives** and use your technique and relaxation to explore an underwater site.



Learning objectives : -Consider external factors and their possible influence on your water session (check coastal conditions and weather forecasts : wind, current, visibility, water temperature, maritime traffic etc.) -Adapt your fun-dives, always make safety your first priority. -Respect the ocean

We believe that it's essential to cultivate your curiosity, and to remain open to new experiences.



Advices: PLEASE NOTICE THAT YOU WILL NEED A MINIMUM AVERAGE OF 10 DAYS TO COMPLETE THE 7 DAYS PROGRAM (days off are mandatory between few advanced sessions).THE TRAINING IS TO BE COMPLETED WITHIN 15 DAYS FOLLOWING DAY 1, otherwise additional insurance costs will be applied.

IMPORTANT and MANDATORY: At least 72 hours before your first freediving course, we kindly ask you to send us **a medical certificate of non contraindication to the practice of sport.** This document has to be provided by a doctor and less than 3 months old.

Guillaume Néry



Guillaume Nery grew up on the Mediterranean coast, in the city of Nice.

As a child, he used to go diving every summer with his mask and fins, accompanied by his father, to discover the wonders of the underwater world.

At the age of 14, he and a friend took up a challenge: to hold their breath for as long as possible. This simple game became an obsession and led him to one day meet **Claude Chapuis, the founder AIDA** (International Association for the Development of Apnea), who became his mentor.

Guillaume devoted all his time and energy to his passion. He made huge progress when **working alongside Loïc Leferme (5 times No-Limits world record holder) both a role model and close friend.**

In 2002, he became the youngest freediving record holder, by diving to a depth of -87m – using the propulsion of his fins alone. That marked the beginning of a great adventure. Guillaume then beat the World record 3 times, became the World Team Champion in 2008 and the Individual World champion in Greece in 2011, diving down to -117m.

Today, he dives to -125m.

On top of the many competitions and world records, Guillaume teaches freediving at CIPA association (in Nice), organizes deep-diving workshops, conducts seminars and **travels the world in search of new freediving spots.**

However, it was thanks to **FREEFALL, the film he produced** in 2010 with his partner Julie Gautier, that Guillaume's career truly took off.

One scene shows Guillaume walking on the ocean floor, going towards an underwater sinkhole : Dean's Blue Hole (Bahamas), the deepest blue hole in the world. The camera follows the world-class freediver as he jumps into the emptiness of the blue hole and starts to freefall.

It only took a couple of days for **these images to be seen all over the world, revealing a new, artistic and poetic side of freediving.**

Since then, several other movie projects have been released, including NARCOSE and more recently, Ocean Gravity. Their website is dedicated to all their creations: www.lesfilmsengloutis.com

Guillaume considers freediving like a form of art, and has turned this discipline into a way of life, combining aesthetic appeal and high performance.