



Join Petra on an unforgettable journey into the art of freediving with the AIDA4 Master Course. With her warm and friendly approach, Petra is a skilled and experienced instructor who has a deep love for the ocean and water. As you explore the magical cenotes of Yucatan, she will guide you through advanced techniques that will help you take your freediving skills to new depths.

But the AIDA4 Master Course isn't just about learning new skills - it's also about building a supportive community of fellow freedivers who share your passion for the underwater world. With Petra's commitment to creating a safe and engaging learning environment, you'll have the opportunity to connect with other like-minded individuals and learn from each other's experiences.

As a bonus, you'll also have the opportunity to get advice and tips from Carlos Coste, a 12-time world champion who will be running a competitive course during this time. This amazing opportunity to train with a super cool group of people will not only help you push your limits, but also create unforgettable memories and friendships.

This is the ultimate level of training that you can attain within the AIDA Educational system. During this course, you will learn advanced techniques, safety procedures and knowledge for deep freediving that goes beyond recreational freediving. You will become familiar with FRC diving, mouth-fill equalization and packing, and much more.

You will develop your skills in Static Apnea, Dynamic Apnea, Constant Weight, Free Immersion and Variable Weight, with the main focus on Constant Weight. In addition to honing your in-water skills, you will also learn about full body warm-ups and stretching, specific stretching of breathing muscles, training concepts and diet that will benefit your freediving development.

One of the course's objectives is to prepare you for the role of an assistant instructor. You will learn how to lead warm-up sessions, set open water logistics and more. This course is extended with extra training sessions as it runs simultaneously with a competitive course.

Pre-requirements:

- Minimum 18 years of age
- AIDA Advanced certification or crossover assessment
- Qualification in First Aid including CPR, passed within the last two years

Course Includes:

- 8x training sessions (2x confined water + 6x open water sessions)
- 2x knowledge review classes with theory exam
- Advanced Frenzel & Mouthfill Equalization training
- Yoga/breathing workshop & practice
- Internationally recognized e-certification
- Individual underwater photos
- Optional video footage

**PRICE \$1,000 USD**  
**(\$300 deposit required)**