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**freemindme**

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# PERSONAL DEVELOPMENT SPACE

TO LEVERAGE THE MERGE OF SPORT AND  
BUSINESS FOR PERSONAL GROWTH VIA  
RELAXATION, MINDFULNESS, MENTAL HEALTH,  
WELL-BEING AND SELF-CONTROL

# THE FOUNDERS ARE BUSINESS AND SPORT PROFESSIONALS

## ALEXANDER ZAKHAROV

Transformational business leader with over 20 years of global expertise in marketing, advertisement, business development and operations, media and technology.

dentsu – Japanese media holding

## ALEXEY MOLCHANOV

Russian champion freediver, 24-time world champion (AIDA and CMAS), world record holder, and freediving promoter. Head of freediving school after Natalia Molchanova, engineer of the freediving equipment

# **OUR MISSION**

**UNLOCK PERSONAL POTENTIAL VIA  
DISCOVERING THE MOST UNEXPECTED  
AND IMPRESSIVE CAPABILITIES OF  
HUMAN MIND AND BODY**

# HOW IT WORKS

The human body and mind are capable of much more than we can imagine. Everyone has a huge potential and freediving opens up the most rarely used capabilities of the body in everyday life. Similarly, in business or personal life there are huge reserves that we need to learn how to use.

Did you know, that anyone can hold their breath for 2-3 minutes or dive 30 meters - it's amazing but we don't even think about it!

Moreover, humans as mammals have several important innate instincts for being underwater! Only with full relaxation and trust to your body and environment we let those instincts work, and vice versa - panic, fear and excessive control does not allow to act naturally.

# MORE THAN JUST FREEDIVING

HOLISTIC APPROACH BASED ON ONLINE INTEGRAL TESTING  
BEFORE YOUR ARRIVAL

# MENTAL HEALTH

With professional therapist in our team we will determine and work through fears, worries and barriers that prevent your mind to stay calm, free and relaxed

We believe in philosophy of calmness, trust in yourself and environment, without excessive control

AS A TANGIBLE TAKE OUT YOU WILL EXPERIENCE THE AMAZING LIFE RULE - YOU CAN ACHIEVE MORE VIA RELAXATION THEN PUSH

# SPORT ACCOMPLISHMENTS

Get started with your freediving without getting wet! You can complete the theory section of any course level online with any of our certified instructors. In this course, you'll get access to our course manual, online content, and take part in small online classes with a instructor.

Learn the basics of freediving and discover your natural freediving ability. You are taught to learn techniques to hold your breath beyond a minute and a half and to do breath-hold dives with and without fins. Topics include physics and physiology of freediving, an introduction to freediving equalization, relaxation and breathing techniques, and rescue and safety procedures.



# NEW SKILLS OF YOUR MIND

You will expand your mental toolbox by learning how to use attention deconcentration, which is a completely different mental approach to your dives

Visualization workshop will let you practically understand how this approach can help with your dives or positively form any other moment of you life

# NEW CAPABILITIES OF YOUR BODY

There will be deep meditation lessons in water and our space to teach your body the fastest ways of relaxation before the dive and during any stressful life moment. Stretching classes will be helpful to identify muscle tone and work it out.

Get acquainted with rules of proper breathing and form new pattern of deep and calm breathing. Your breath isn't just part of your body's stress response, it's key to it. In fact, you can induce a state of anxiety or panic in someone just by having them take shallow, short breaths from their chest.

That means that purposeful deep breathing can physically calm your body down if you're feeling stressed or anxious. It can be helpful for dealing with day-to-day anxiety as well as more pervasive problems such as anxiety disorder.

# WHAT YOU CAN ACHIEVE

We don't teach you how to freedive.

We explain you how to act naturally and be in harmony with your body and mind. We help you to overcome your fears, doubts and distrust. We let you live through experience you never had before. We let you learn new behaviors when less effort brings more result

# WHAT YOU CAN ACHIEVE

WE DON'T TEACH YOU HOW TO FREEDIVE.

WE EXPLAIN YOU HOW TO ACT NATURALLY AND BE IN HARMONY WITH YOUR BODY AND MIND. WE HELP YOU TO OVERCOME YOUR FEARS, DOUBTS AND DISTRUST. WE LET YOU LIVE THROUGH EXPERIENCE YOU NEVER HAD BEFORE. WE LET YOU LEARN NEW BEHAVIORS WHEN LESS EFFORT BRINGS MORE RESULT

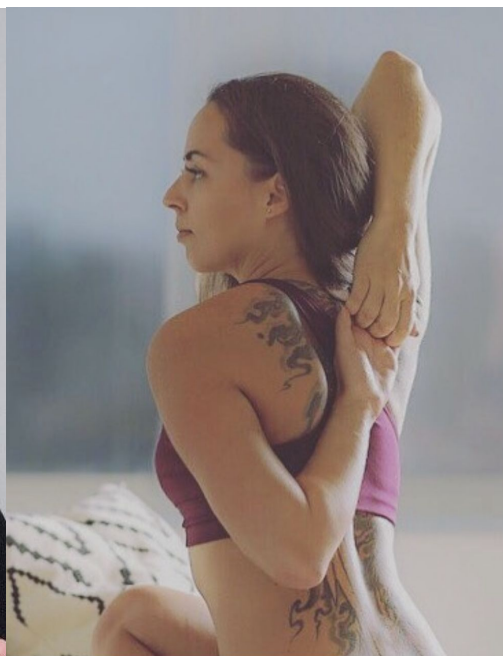
# OUR TEAM



**ALEXEY**  
Mediation,  
Relaxation



**ALEXANDER**  
Diving,  
Breathing



**HELEN**  
Yoga,  
Stretching



**ELIZABETH**  
Mental  
Health



**OUR HOME IS A BLUE HOLE LOCATED IN  
THE BAHAMAS**

For experience visit [freemindme.com](http://freemindme.com)

