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Learn How to Free Dive by Holding Your Breath with a Free Diving Course by [Immersion Freediving](#)

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People today are looking for new and exciting things to do on their vacation. Many might be bored with the traditional boating and skiing when they go to a tropical destination. Instead they can learn how to free dive while enjoying the weather and the water.

This sport is something that is slowly making a comeback today. While it lost popularity with the advent of SCUBA gear, today people are looking for ways to enjoy the water that will not require a lot of gear. Getting proper training is still important to avoid accidents that can be fatal.

In the sport you will be diving without breathing aids. You learn to hold your breath for a long period of time which helps you to stay underwater longer without cumbersome equipment. Doing so offers you a view that you will not soon forget.

Choices can be found for activities you might do once you have perfected this skill. There are things such as spear fishing, underwater photography and exploring reefs and other things that are found under the surface. When you are not using equipment, the creatures will not be as startled by your presence.

By opting for this type of sport over others, you will find that there are a number of things for you to do under the surface. At the same time you will also find that you can enjoy this activity just about anywhere. You won't need to carry around gear that is likely to get in the way as well.

Diving is a fun thing for most people. Overcoming the fear of being underwater for a long period of time will be your first step. After that you will need to work on your endurance for staying under for longer periods of time before surfacing for a breath.

Holding your breath tends to trigger fear in the brain. While you might be perfectly safe, your mind will begin to panic. As a result one of the first things you have to do is overcome this reaction to allow you to relax and be at home under the surface.

Taking a free diving course can help you learn how to free dive. This sport can be something that allows you to decide on a whim to go diving. When you can hold your breath for a long time underwater you will see some very incredible things under the surface.

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Learning to dive is something many people want to do. There are many different types of diving,

including freediving. Freediving involves diving without scuba gear. You have to train to hold your breath for long periods of time. Visit a www.immersionfreediving.com to find out more about this type of diving as well as get class schedules and fees as well.

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