



BB DIVERS Co Ltd

www.bbdivers.com

Koh Chang +66 (0)86.129.23.25

+66 (0)86.155.62.12

+66 (0)39.55.80.40

Koh Kood +66 (0)82.220.60.02

Koh Mak +66(0)92.602.22.60

Freedive package with BB divers

7 days/6 nights island retreat on Koh Chang, Koh Mak or Koh Kood

Freediving is a very popular sport which can be practiced by anyone. If you would you like to learn, whilst enjoying a great stay on a Thai tropical island,... If you are looking to relax and replenish yourself on some of the most unspoiled islands in Thailand, this is your week!

We offer a beach holiday with freedive training and some yoga, a week of intense relaxing but physical at the same time. Take this time to learn, relax, de-stress and strengthen your body, learning new skills to find peace of body and mind.

The freedive courses and trips are organized for you depending the level you are at, we train from absolute beginners up to professional freedivers. As for the yoga, this weeks' program caters for everyone, new or experienced.

This freedive week is hosted by BB divers who are located on Koh Chang, Koh Kood and Koh Mak. There is a choice of 3 programs

BB Freedive package 1, backpackers, 7 days/ 6 nights

BB Freedive package 2, flashpackers, 7 days/ 6 nights

BB Freedive package 3, luxury, 7 days/ 6 nights

Experience how beautifully Freediving and yoga complement each other.

We take you on an adventure where all elements of nature can be enjoyed, Freediving, yoga, island life. You will get an equal measure of activity and rest in this adventure week.

The Island to choose depends on your interests.

Koh Chang has a bit of everything, it is quiet enough but there is also some good nightlife to enjoy.

Koh Mak is a very small island with mostly beaches, sea and sun, perfect place to unwind.

Koh Kood has mountains, sea and beaches, it can be a bit quiet for some which is the main reason to go for others. All 3 of the islands are great places to relax and enjoy real island life.

The essential elements of yoga which include positions and breathing techniques can significantly assist you in reaching a relaxed state of mind, which will allow for longer breatholds and an enjoyable freedive. The program is suitable for newbies or those with experience.



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Itinerary freedive package

Day 1

Arrive on the island, check in hotel

Night koh ...

Day 2

Yoga in the morning

Training theory freedive level 1, confined water training

Night koh ...

Day 3

Boattrip with freedive training level 1

Night Koh ...

Day 4

Yoga in the morning.

Training theory freedive level 2, confined water training

Night Koh ...

Day 5

Boattrip with freedive training level 2

Night Koh ...

Day 6

Yoga in the morning or evening, free day on the island

Or, extra freedive day on the boat, practice

Night koh ...

Day 7

End of package dive trip

Breakfast and traveling on ...



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Pricing*

Included in price

Food:

6 Breakfasts

4 Lunches

Activity:

Freediving / yoga

freediving 2 courses **plus a day freediving**

yoga, 3 sessions?

Transport

Transfer between hotel and boat

Accommodation

6 nights' accommodation

Not included

National park fee (Koh Rang national park) 200 b a day on time of writing

Transportation to and from accommodation on Koh Chang, Koh Mak or Koh Kood on arriving/departure day.



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Freedive package, Prices per person in Thai baht.

2 person in room/ Double room Price pp		Freediving	Snorkeling/join	Extra night pp, room/breakfast
Luxury		26000	15000	1800
Flashpackers		22000	10000	1000
backpackers		18000	7000	500

1 person in room/single room		Snorkeling/join	Snorkeling/join	Extra night pp, room/breakfast
Luxury		36000	25000	3500
Flashpackers		28000	16000	2000
backpackers		21000	10000	1000

Extra's

Accommodation

Extra nights on the islands can be booked before or after the trip, see pricelist package (previous page)

Extra freediving, joining the boat

Extra freediving day: 1500 baht w buddy or 2500 bht with fd guide



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Accommodation style

Luxury

Bungalow style aircon room with bathroom, hot shower, comfortable, ...

pictures of the style luxury rooms:



flashpackers

Bungalow style aircon room with bathroom, standard, ...

pictures of the style flashpackers room



Backpackers

Fan room either bungalow or hotel, with bathroom, clean and cozy but basic.

Pictures of the style backpackers rooms





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More info;

Joining or Snorkeling:

We freedive and snorkel of the same boat, the sites have nice shallow area for snorkeling, there is a snorkelguide to assist.

yoga

. The breathing exercises fundamental in yoga, develop diaphragm breathing, promote deeper inhalation and exhalation and push oxygen into the bloodstream ,ideal for expanding lung capacity, reducing anxiety and encouraging effective steady breathing

Specific yoga positions can help improve core stability and muscles of the lower back, which for a diver is of great benefit when carrying dive equipment.

Developing core strength is beneficial for a good fast finning technique, stamina, general fitness and ultimately extending the length of time you are able to enjoy the underwater environment.

Our experienced Yoga instructor is intuitive, experienced and knowledgeable, having taught in centers all around the world whilst continually travelling, seeking out the most beautiful, peaceful and unique locations to offer Dive /Yoga retreats.

She is fully trained in Hatha flow, Yin yoga, Restorative and Kundalini yoga. Her nurturing personality is reflected in her yoga teaching, where she creates a safe space for courageous exploration, making it authentic, real and relevant to you and your body. With the ability to adapt classes for individual needs through her thoughtful, insightful, and inspiring manner, each session can accommodate absolute beginners through to advanced practitioners. She supports her students to find their greatest expression of health and wellness. Our teacher has a genuine passion for sharing strategies which can be taken away and incorporated into daily life