

Special Events

➤ Trip to Yucatan

- Freedive the best cenotes of the peninsula
- Visit the mayan site and colonial town
- Go off the beaten track and learn about Mayan culture

➤ Trip South

- Freedive in the ocean and the cenotes
- Authentic caribbean village & banco Chinchorro
- Discover the beauty of Bacalar

➤ Baja California (Oct/Nov)

- Discover the sea of Cortez and the Pacific ocean
- Train and freedive with underwater wildlife
- Sea lions, whale sharks, dolphins, sharks and much more

➤ AIDA competition

- Work shop to learn competition protocol
- Challenge yourself in a competition
- Meet the freediving community

Freediving Center



Equipment



SALVAMAR



OMER



At the corner of 10th Street and 1st Avenue,
Playa del Carmen



Prana Maya

FREEDIVING - SNORKELING - UNDERWATER COURSES

PLAYA DEL CARMEN - MEXICO



+ 521 984 127 7148



Info@Pranamayamexico.com



/Julien_pranamaya



/PranamayaFreediving

www.Pranamayamexico.com



**DIVE
DEEPER
INTO YOUR
MIND**

Snorkeling Trip

Freediving Course

Certified Freediver

➤ Reef Discovery

- Discover the caribbean reef & tropical fish
- Half day trip

55 USD

➤ AIDA**

- Basic freediving course
- 3 days course including 2 days in cenotes

320 USD

➤ Cenote training

- Practice CWT and FIM in perfect conditions
- Different cenote everyday

90 USD

➤ Cenote Discovery

- Beautiful cenotes of the yucatan peninsula
- Full day + lunch in local restaurant
- 1 or 2 different cenotes

75 USD

2 cenotes 110 USD

➤ AIDA***

- Advanced freediving course
- 3 days course including 2 days in cenotes

350 USD

➤ Ocean training

- Enjoy the Caribbean sea
- Drift freediving / Half day trip

75 USD

➤ Intro to Freediving

- Improve your breath hold and swimming techniques in a beautiful cenote

125 USD

➤ AIDA****

- Master freediving course
- Preparation to become an instructor

420 USD

➤ Sharks Freediving

- Learn about shark behavior
- Adrenaline guaranteed.

95 USD

➤ Whale shark (June/Sept)

- Swim with the biggest fish in the world
- Wetsuit instead of life jacket

165 USD

➤ Specialties

- Static or Dynamic
- No fins course
- Freediving Photography
- Underwater Scooter

420 USD

➤ Freediving Exploration

- Deep and shallow cenotes
- Cenote + Valladolid
- Cenote + Ek Balam

145 USD

➤ Sardine run (Jan/March)

- Swim with sailfish in baitballs
- Also see dolphins, tunas, manta rays or even whalesharks

180 USD

➤ Photography

- Take home professional memories from your dives
- Private sessions
- GoPro rental

➤ Wreck Freediving

- 2 shallow wrecks
- Discover the clear water of Cozumel

75 USD

PranaMaya

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