




**Lastovo 2024**

**The Mediterranean adventure**





Immerse yourself into new depths of experience with a selected team of trainers, instructors and guides:

John Mochi

- Freediving instructor
- Colombian record holder
- Deepest Colombian diver -112m
- Motivational speaker

Mateo Sierra

- Lvl 1&2 CrossFit instructor
- Winhof certified instructor



Vitomir Maričić

- Multiple World Champion
- Multiple World Record holder
- Olympic Committee sport coach
- Motivational speaker and educational system author
- University of Medicine research center
- Freediving Instructor Trainer Developer
- Climbing instructor





## Tentative schedule of activities

### Day 1

Arrival by speedboat and meet and greet the team, get settled in the accommodation right on the seashore.

### Day 2

Slackline workshop in the morning, brunch and gym session afternoon with a specialized weightlifting technique class. Afternoon free time or a hike to the top of Lastovo and evening theory lectures in freediving.

### Day 3

Morning breathing and diving class, brunch and afternoon gym. A short trip to island sights/coffee spots. Equalization class for freediving in the afternoon and mental training lecture.

### Day 4

Morning dynamic diving class, brunch and afternoon gym. A trip to one of the beaches in the south of the island. Rock climbing experience in a natural sinkhole. Breathing class in the evening.

### Day 5

Optional highline experience after a short run, followed by brunch. Boat trip to one of the small islands to enjoy a beautiful beach. Afternoon gym.

### Day 6

Morning deep diving class and brunch after. Trip to an island location for a walk, swim or coffee. Gym session in the afternoon with Functional Movement Screening. Mental training lecture.

### Day 7

Morning freediving class and brunch after. Gym session with a handstand tutorial. Wine tasting experience in the evening.

### Day 8 - departure





### Price

Full package 2100 EUR

No activities 1500 EUR

Couple discount 4000 EUR

\*no activities means only  
accommodation and brunch

### Group 1

18.-25.8.24.

### Group 2

25.8.-1.9.24.

### Arrival

Closest airport: Split(Croatia)

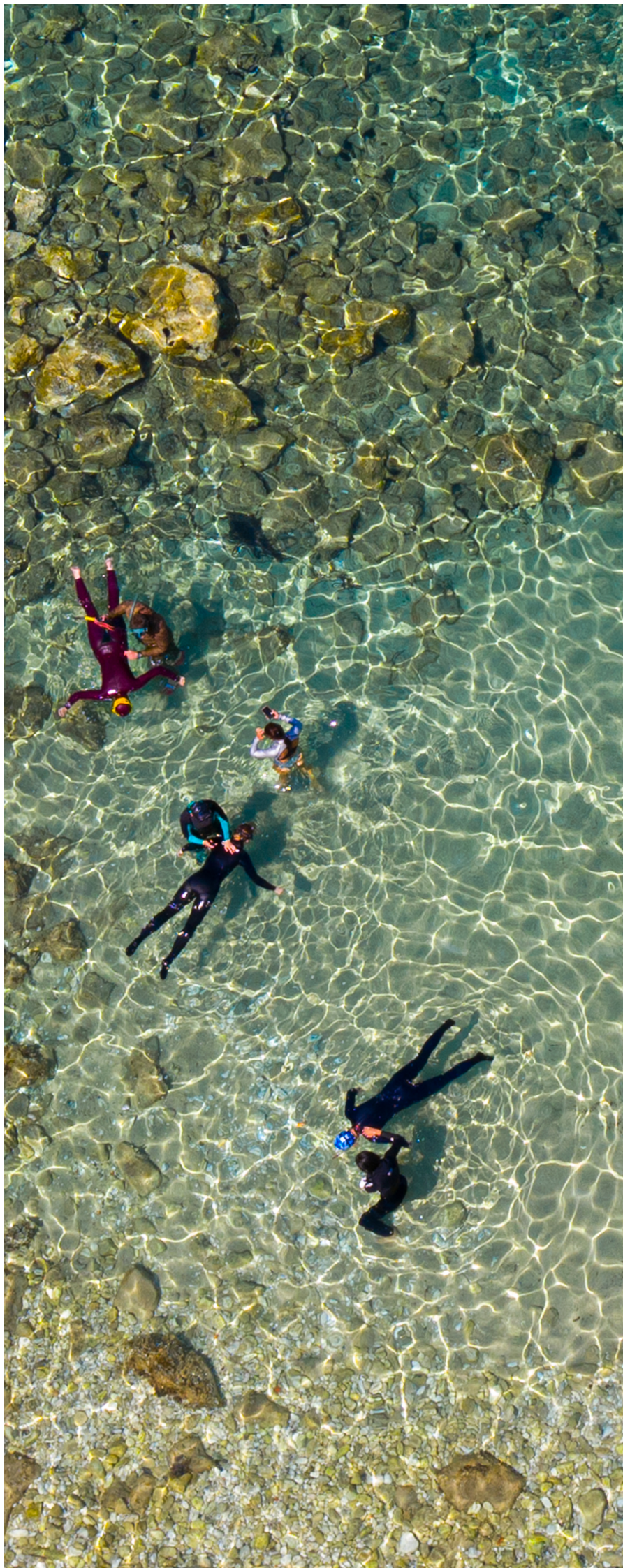
Speedboat and Ferry leaves from  
Split port

\*details and tickets will be  
available for guests

### Package

Included in the package is  
accommodation with kitchen  
and private bathroom, guided  
sessions and classes, ice baths,  
Official Molchanovs materials  
and certification program for  
Wave 1 freediving, transportation  
to the island by speedboat,  
brunch, transportation for island  
trips, boat and van. Unlimited  
use of gym, water equipment,  
suit and diving gear rentals.  
Smoothie bar. None of the  
programs is mandatory and  
guests can arrange their times  
in any way to train more or to  
rest and enjoy e-bikes, hikes,  
SUPs, swimming, dining, etc.

\*place is confirmed with a  
400 EUR deposit







Join us and discover yourself!

