

Manual Of Freediving Book

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Manual of Freediving (with its subtitle, Underwater on a Single Breath) was co-authored by freedive instructor trainer and Italian National freedive team director Stefano Tovaglieri, and understandably is as comprehensive as it comes – the book is packed with information, exercises and techniques covering everything from breathing, anatomy and physiology to equalisation, relaxation and diet, and is designed to help you master the art of freediving.

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