



Full Day Intro Course

Thank you for your interest in our **1day courses**.

These are “stand alone” courses that cover the basics of *NT Style* Apnea.

Namely

1. **Safety**
2. **Relaxation**
3. **Basic physiology**
4. **Breathing techniques**

You will be introduced to new sub-aquatic relaxation strategies that will not only benefit freedivers but **SCUBA** divers, sports enthusiasts and help to eliminate stress (Exams, meetings etc.)

You will be taught over 1 day, which is usually the **1st Saturday** of each month. (9am to 4:30pm approx.)

Sessions are held in London Wall (nearest tube Moorgate, sufficient parking close by).

You will only need to pay **£100 for the whole day**, so secure your place as these get booked very quickly. Confirmation will be sent on receipt of full payment.

We accept payments via PayPal or personal cheque (details below).

All you will **need** is a **T-Shirt to wear in the pool** and your normal swimming costume.

Check our website (www.NoTanx.com) calendar for;

EVENTS, DIVE DATES & TRAINING SCHEDULES.

Cheers
MIG



Your course includes...		
1 Hour	Technique discovery	Dry
1 Hour	Technique discovery	Pool
1 Hour	Relaxation & breathing	Dry
1 Hour	Relaxation & breathing	Pool
3 Hours	Technical lectures (Leading towards AIDA quals)	

“Controlling the breath,
is a prerequisite to controlling the mind and the body”

Swami Rama



Payment Details

Please note

Please include an 4% service charge with ALL PayPal transactions.

Payment if you already have a PayPal Account

Simply make a payment into account **MIG@NoTanx.com**.

Please label your payment clearly with what it is for and who it is from.

Credit Card Payment via PayPal

For those who don't have PayPal account, but would like to pay electronically send an email to Payments@NoTanx.com , with the details of the course you would like to pay for. Then we will send you the PayPal information (a kind of "electronic invoice") to pay.

Personal Cheque

Please make cheques payable to **NoTanx**

Postal Address

NoTanx Courses
25 Queen's Court
KT2 6SQ
England

Please Note:

We do ask for everyone to fill out a **Self Certification** (simple medical questionnaire) so if you have any concerns please contact us before coming along, so we can advise you.

Although we do have a limited selection of Freediving **equipment** for students to use it is always advisable to bring a mask and Snorkel along if you have one... just in case.

