



Apnoe Happening Hemmoor 2010

Organisatorin

Sharanne Wheeler

Achtern Knick 9

25335 Raa-Besenbek

Tel.: +49 151 2533 8409

info@apnoehappening.de

www.apnoehappening.de

Press Release: Hemmoor Apnoe Happening 2010

June 25th – 27th, 2010 in Hemmoor, Niedersachsen

Germany's largest freediving event celebrates its fifth round!

One deep breath and then you gracefully descend into the depths. With only the air you have in your lungs. Free of any technical equipment, you glide into the blue. That is freediving.

Breaking records always attract a great deal of attention, although the true fascination lies in experiencing the weightlessness below the surface for yourself. This fascination will be met with the enthusiasm of over 200 freedivers from June 25th - 27th at Germany's largest event for breath hold diving. And that for the fifth time! For three full days in and around the Kreidesee in Hemmoor (a former chalk quarry) there will be everything a freediver's heart desires. A whole team of VDST freediving instructors will be taking novices on their very first freedives, offering certification for the more advanced and hosting various workshops about yoga, Qi Gong, breathing techniques and massage. The more advanced freedivers are welcome to train with members of the German National Freediving Team and German record holders. The freediving association AIDA Deutschland e.V., will once again be holding a competition for beginners and offering training with variable weight. One thing is already clear: Accomplished freedivers as well as beginners will all have something to look forward to.

After the events in 2002, 2004, 2006, 2008 the Apnoe Happening has become a red-letter day in the dive calendars of the freediving community. So much so, that organizer Sharanne Wheeler from the Elmshorner Tauchsportverein Schlickteufel e.V. is again expecting a run on the online-registration this year. A great part of the Apnoe Happening events in the Kreidesee, like the underwater parcours, will take place in the swimming bay, so that the lake is still available as a favorite dive spot for scuba divers.

Should you require picture material, we will gladly provide you with beautiful pictures.