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In principle, freediving is simple and perilous: divers take one breath, then dive as deep as they can, with no tanks or air, and come back up again.

*Very much like a whale / The Spectator*

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about one breath freediving One Breath

Freediving was founded in 2012 to meet the growing demand for recognised freediving & apnea education in Malta.

Since that time we have been teaching and training freedivers from all around the world and have successfully certified hundreds of people as well as establishing Malta's first ever official Freediving Centre, dedicated solely to the sport of freediving!

*About Us - One Breath Freediving*

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However, freediving is not simply about seeing how long you can hold your breath or how deep you can go on a single breath. You have to create the right attitude and pay attention to the limits of your body and mind. The true appeal of freediving is in the silence and calm it brings to people's hectic lives. We hope you will join us!

*About Freediving - One Breath Freediving*

'One Breath Freediving is pleased and very excited to announce a new partnership with Malta a Vela (Malta by Sail).

Together we will be offering freediving excursions and courses from the 41ft

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sailing boat 'Eau d'As', owned and crewed  
by Laurent & Rosa. This partnership is a  
first for Malta and an amazing opportunity  
to experience the sea ...

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Snoop Dogg has one ...*

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