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APRIL 2013

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BREATH TAKING FUN

Welcome to another contender for the most beautiful classroom on earth. The crystal-clear Indian Ocean of Watamu Marine Park, 140 km north of Mombasa, Kenya, is the setting for lessons in the graceful art of freediving, recently introduced by Wild Fitness. Along with your expert tutor you'll share the warm tropical water with 110 species of coral and 600 varieties of fish – from a multi-coloured blizzard of Nemoto to whale sharks and manta rays. Specialist breathing instruction to prepare your lungs for long, silent underwater starts on the white powder beach (you'll also be floating up crevices, running barefoot and devouring divine organic produce). Master the technique and you'll then move into the sea to experience the freedom of diving to around 7m (the experts descend more than 200m) – uncluttered by scuba gear. Wild Fitness offer nine days, including full-board accommodation and activities, from £2,250pp (freediving option only available on certain course dates). wildfitness.com

