



ENRICH YOUR

EXPERIENCE

ROLLS-ROYCE  
MOTOR CARS



# FREEDIVING EXPERIENCE

ROLLS-ROYCE  
MOTOR CARS



# FREEDIVING EXPERIENCE

Freediving at the highest (or, should, we say, the lowest) level provides one of the ultimate tests of human endurance, stretching the boundaries of physical limits. Balancing pressure and serenity, divers master the art of mindfulness.

You are invited to experience a gentle introduction to this complex sport at the Pierre Frolla Diving School in Monaco. Four-time world record holder, Pierre will lead the course in person subject to the commitments of his busy schedule.

Activities will commence with breath coaching and yoga to relax both mind and body. You will then head out to sea on a catamaran where you will experience a descent to 10 metres (Pierre's last world record was recorded at 123.45 metres) and hold your breath for one minute, embracing the calm of a world free from noise and distraction. The invigorating experience will end with a glass of celebratory Champagne as you return to shore.

Location: **Monaco**

Duration: **3 hours plus short travel time**

[Click here for more information](#)





ROLLS-ROYCE  
MOTOR CARS