



Ocean and Wellness Immersion

Rediscover the essence of connection—what it means to reconnect with yourself, your body, and the power of your breath, while learning and experiencing the magic of the ocean.

Freediving requires not only peak physical performance but also mental skills that can be applied to your daily life to foster greater success and enhanced mental health.

Join us on this one-day Ocean Wellness Immersion, where we'll teach you practical skills that empower you to cultivate personal mastery and develop a profound sense of self-trust. You'll leave equipped with tools to enhance your mental, emotional, and physical well-being—both in and out of the water.

In the face of life's fast-paced demands and rising stress levels, the ocean provides a sanctuary—a powerful place to reset, recharge, and reconnect with yourself and the natural world.

Reawaken your sense of adventure and aliveness on this transformative journey into the heart of the wild, and rediscover the essence of connection:

Let the ocean be your teacher.



The Itinerary:

Welcome: Begin with a warm welcome and an introduction to the day.

Ocean Connection and Mindfulness

A brief talk on understanding the nervous system to manage and maintain wellness and performance levels.

Understand Your Nervous System and its link to your health, well-being, and Performance:

Learn practical tools for self-regulation to allow you to remain calm, focused, and resilient under stress, enhancing your emotional well-being, decision-making, and overall quality of life.

The fundamentals of freediving: Learn about the fundamentals of freediving; basic human physiology, mindset, connect back to your body, and your breath, learn how to still the mind and to be present.

Exploring the Magical Kelp Forests.

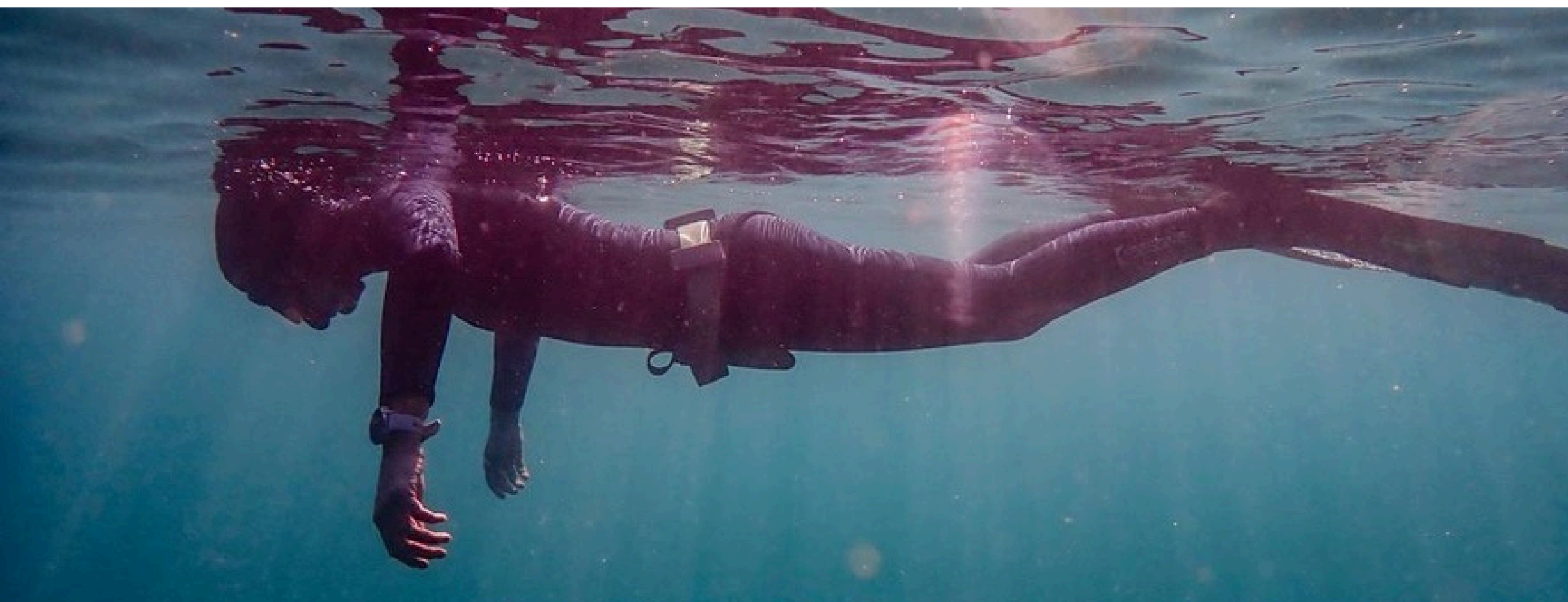
Next, we will take your adventure to the next level by boat to snorkel the kelp forests made famous by My Octopus Teacher. Setting off from Simons town.

Lunch – A delicious and healthy lunch.

Reflection and Rejuvenation

Sound Bath or Guided Visualisation: Close with a guided sound bath or visualisation to integrate the day's experiences and promote inner peace, reduce stress and anxiety and improve sleep.

End of the Day



Your Guide:

Kimberley Houghton - Peak Performance Coach



Kimberley has spent the last eight years training with some of the best organisations in the world. As a specialist in human behaviour, her training includes neuroscience, flow states, and mindset. Kimberley works with athletes and leaders, and her specialist training in trauma allows her to work at a much deeper level with her clients.

As an ocean lover and freediver, Kimberley quickly recognised the connection between the mental, emotional, and physical clarity and confidence that time spent in the ocean provides. She is passionate about creating immersive events that help people reconnect with themselves, others, and the beautiful planet we live on.

Logistics:

Bring: Sunscreen, comfortable clothes, sunglasses, a hat, a yoga mat if you have one, a for a short walk, water bottle. All other equipment will be provided.



Booking enquiry details:

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Wild WITHIN