



## Martina 'Ama' Amati

### Filmmaker and Free Diver

Dates: **December 20, 2021 to January 6, 2022**

Duration: **90 minutes to 3 hours**

Free diving, breathwork, underwater movement, underwater film  
A BAFTA-award-winning filmmaker and free diver, Ama is known for her incredible underwater works. Discover the art of free diving in the lagoon or open water, with meditative breathing and relaxation exercises and breath-holding movement techniques underwater. In addition, for those who have already completed a lagoon or open-water free dive, Ama also works with you to create underwater portraits that beautifully capture your free diving experience.

Lagoon level free dive: **USD 300 for 1.5 hours**

Open water level free dive: **USD 600 for 3 hours**

Artistic underwater portraits: **USD 600 for 1 hour (lagoon/pool); USD1,200 for 2 hours (open water/house reef)**