



ICE DIVING EXP.

The Camp Kenny free ICE DIVING EXPERIENCE is a highly refined but yet extreme way to learn new paths to focus and inner calm. Through ancient meditation techniques and the exposure to an extreme environment we learn to concentrate our energy on resetting the body to a state of calm.

The free ICE DIVING EXPERIENCE is also an EXPEDITION into a land of snowy mountains and Arctic Light. We welcome you at 67,85°N, 20,22°E in the very north of Sweden - 250 kilometers above the Arctic Circle. Accessing both the border to Norway and the Vadvetjåkka National Parks which is a true experience in itself.

The magnificent surroundings provide us with a spectacular scenario where Mother Nature deliver grand light and shadows. This combined with our strive towards a stronger harmony in everyday life is our muse. The uncompromising climate is our training ground and the free ICE DIVING is the ultimate test. It is the sign of our progress and the reward for our accomplishments.

take a deep breath.

Welcome to join us!
/Camp Kenny and Jean-Jaques Mayol

Day One

- Arrival at Kiruna Airport
- Introduction by host and guided transfer to Riksgränsen
- Check in
- Late lunch
- Presentation of schedule and activities
- Outdoor equipment check and redressing
- Assembly at the reception for a guided location tour
- Seminar: Arctic climate effects on the human body, Intro to Yoga and Apnea (free diving)
- Dinner
- Evening outdoor meditation
- Sauna
- Snack buffé

Day Two

- Breakfast
- Seminar/practice free ICE DIVING technique in pool
- Yoga
- Lunch
- First cold water contact at Vassijaure
- Sauna
- Briefing: details and security on free ICE DIVING
- Dinner

Day Three

- Breakfast
- Final briefing before free ICE DIVING technique and equipment
- Departure to dive site (overnight)
- ICE DIVING
 - Photosession
 - Sauna and hot tub
 - High energy snack buffé
- Dinner, 4 courses
- Entertainment
- Sauna and hot tub

Day Four

- Awakening and warm beverage
- Return to the hostel
- Breakfast
- Certification
- Transfer to Kiruna Airport

Day Seven

- Recall the experience by downloading the ICE DIVING photos on www.campkenny.se

a Camp Kenny arrangement

in collaboration with



TEAM
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