



Underwater Dance & Freediving Workshop

Aqua Dance Flow & Sea Therapy
Julie Gautier & Janaína Bon de Sousa



24th to 31th August 2026
Horta, Faial - Azores (Portugal)

Program

Monday, 24th: Arrival, check-in at the accommodation and grocery shopping, workshop presentation and welcome dinner.

Tuesday, 25th: Snorkeling from the shore (morning) and Aqua Dance Flow class: on land and in-water pool practice followed by video analysis (afternoon).

Wednesday, 26th: Island land tour with guide (morning) and Aqua Dance Flow class: on land and in-water pool practice followed by video analysis (afternoon).

Thursday, 27th: Coastal exploration freedive and underwater dance on the line (by boat).

Friday, 28th: Rest day (participants can ask for recommendations if they wish to do extra activities like hiking, visiting a museum, whale-watching, etc.)

Saturday, 29th: Open ocean exploration looking for marine fauna (by boat).

Sunday, 30th: Coastal exploration freedive with underwater photo and video shoot (by boat), projection of the workshop footage and goodbye dinner.

Monday, 31th: Departure.

Price: 1950€

What's included: All the activities described on the program with the guidance of Julie and Janaína, 7 nights of accommodation in shared twin rooms, welcome and goodbye dinner.

What's not included: Flights to and from Horta, all meals apart from the first and last dinner (the accommodation has a kitchen and there are several restaurants within walking distance), extra activities that participants decide to do on the rest day. Freediving equipment apart from weights (can be rented if necessary). Optional insurances.

Accommodation: Shared twin bedroom in the local accommodation Monte da Guia. More info here: <https://montedaguiaalojamentolocal.com>

How to arrive: There are daily direct flights from Lisbon to Horta (Faial island). There are also direct flights to Ponta Delgada (São Miguel island) from several cities in Europe (Paris, London, Frankfurt, Zurich, Madrid, etc), United States (New York and Boston) and Canada (Toronto and Montreal). From Ponta Delgada you can get a connecting flight to Horta.

What to bring:

Swimsuit, swim cap & flip flops for the pool.

Waterproof jacket, sweater and comfortable clothing.

Freediving equipment (3mm wetsuit, mask, snorkel, fins and weight belt).

Shorty wetsuit for photo shoot (optional)

Complete freediving equipment can be rented at a rate of 25€ per daily usage.

Medical certificate proving that you have no contraindications to the practice of freediving in the pool and sea (must be sent before the start of the workshop).

Conditions:

The workshop is bilingual (french and english).

Inscriptions are limited to 6 participants (but there will be extra local participants during the 2 Aqua Dance Flow classes).

The Program can be subject to changes due to weather conditions or logistical needs.

To guarantee your spot you must pay 50% of the total price in the moment of the inscription. The remaining 50% should be paid until 15th of July.

In case of cancellation, until 1st of July, 300 euros will be charged for cancellation fees. From 2nd of July, no deposit will be refund.

Info and inscriptions: contact@aquadanceflow.com