

Peak Performance Buoyancy



- Experience the ultimate in **Weight Loss!**
- Learn to **Control your Buoyancy!**
- **Extend Your Bottom-Time!**
- **Relax Underwater!**
- **Have Fun!**

One of our most popular specialties, the [Peak Performance Buoyancy Specialty Course](#) is perhaps the most relaxing scuba course anyone could take!

It brings a whole new sensation to diving, in that it helps you **learn to breath & totally relax** underwater. From our pool dive and the 2 open water dives that are included in this course, we have been able to help people **reduce the amount of weight** they are carrying and teach them **proper breath & buoyancy control**. This enables the buoyancy specialist to lower their air consumption, thus **extending their bottom time** and making diving an overall positive experience.



We like to think of this course as '**underwater yoga**' as it deals with **mental visualization & breath control** where you truly relax, feel your weightlessness underwater, and control your buoyancy & movement with only your breathing! It is truly remarkable and opens up a whole new realm of diving.

This course is for anyone who is interested in being able to extend their bottom time by **reducing their air consumption** and using less weight by learning **how** to breath and move properly underwater.

This "**Life-Changing Experience**" is offered regularly & includes the following:

- One Classroom Session
- One Pool Dive
- Two Open Water Training Dives
- Tanks
- Peak Performance Buoyancy Certification
- Certification Card

This Specialty Course also counts toward your [Master Scuba Diver Certification](#).

Give us a '**Peak**' - We'll Take off the Weight!



Please contact the Dive Center Today to Register!

TLSEA
DIVING  
“We’ll Change Your Life!”
info@tlsea.com - (206) 824-4100 - www.tlsea.com