



MINDFUL DIVING INSTITUTE



Planeta
Azul

Diving into Presence

The Cabo de Palos Marine Reserve — the finest diving in the Mediterranean — becomes a classroom of presence.

6-9 NOVEMBER 2026 · CABO DE PALOS, SPAIN

1 DAY · Saturday 7

- 2 guided immersions
- Training & materials
- MD-1 Mindful Diver™ certification
- The Mindful Diving book — our gift

€199

3 DAYS · Nov 6-9

- 8 immersions
- MD-1 · MD-2 · MD-3
- Mindful Dive Leader™ · PRO-ready
- The Mindful Diving book — our gift

€777

Open to every certified diver (Open Water or equivalent)



Reserve your place

mindfuldivinginstitute.com/events/diving-into-presence

WhatsApp +34 605 594 162 · +34 968 56 45 32 · planeta@planeta-azul.com