



MINDFUL DIVING INSTITUTE X



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
- Open to every certified diver (Open Water or equivalent)

€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
- Friday evening welcome · Monday: the Vow

€777

The four days

FRI 6 · evening

Welcome, theory and the opening circle · FP20

SAT 7

The day of presence: ARRIVE · 2 immersions · FFLN · MD-1 ceremony

SUN 8

Leading another: 4 buddy immersions · MD-2

MON 9

Holding the water: real briefings · verifications · the Vow at sunset · MD-3

A gift with your place: the Mindful Diving book (digital edition)

Practical

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Equipment rental at the center · Medical questionnaire required

Reserve your place

mindfuldivinginstitute.com/events/diving-into-presence

