



DEAN'S BLUE HOLE, BAHAMAS

# YUMA SCHEDULE

5 Day Free diving Leadership Experience

# YUMA

## A FREE DIVING LEADERSHIP EXPERIENCE

Presented by



Introducing YUMA, a unique partnership between The Rebellion and Vertical Blue, the esteemed free-diving organization led by 18x World Record holder, **William Trubridge**.

### DAY ONE ATTENDEES MEET - AIRPORT RIDE ( DEADMAN'S CAY AIRPORT )

The attendees to Yuma will meet to get a ride from Deadman's Cay Airport between 1-5 PM. It's a short drive to the accommodations and The Rebellion team will provide the transportation.

#### WELCOME DINNER (LONG ISLAND, BAHAMAS)

All attendees meet for a local welcome dinner and a opening session with the Rebellion team, William Trubridge, and the Vertical Blue team provided by a private chef.

### DAY TWO During the first day at YUMA, the initial free diving session and impact session will focus on understanding who you are, acclimatizing to the new environment, and exploring your mental and physical potential. **Breakfast, lunch, and dinner will be provided to all attendees.**

MORNING SESSION

#### IMMERSIVE SESSION

#### FREE DIVING TECHNIQUES & ACCLIMATIZATION

##### High Level Overview:

- Briefing and light breath work preparation.
- First depth session in Dean's Blue Hole.
- Physiology of breathing & physics of immersion.

AFTERNOON SESSIONS

#### IMMERSIVE & IMPACT SESSION - GROUNDING & POTENTIAL

#### REDEFINING YOUR BASELINE

Our opening impact session will have an additional immersive activity to help to redefine our own values, limitations, and potential.

##### High Level Overview:

- Morning debrief.
- Pool session: static and dynamic apnea.
- Workshop: Redefining your values and their significance.

## DAY THREE

The second day focuses on expanding your potential through tested and innovative techniques. We will introduce a customized version of William's proprietary Mental Immune System (MIS) method created exclusively for YUMA. **Breakfast, lunch, and dinner will be provided to all attendees.**

### MORNING SESSIONS

#### IMMERSIVE SESSION

#### EXPANDING YOUR POTENTIAL

##### High Level Overview:

- Intro to tools from the Mental Immune System method.
- Second depth session in Dean's Blue Hole.

### AFTERNOON SESSIONS

#### IMPACT SESSION - POTENTIAL

#### A NEW PERSONAL FRONTIER

The second impact session will center around how to utilize the mental tools to high pressure scenarios in both your personal and professional life.

##### High Level Overview:

- Guided relaxation.
- Workshop: Awareness of your potential.
- Employing mental tools to high pressure scenarios.

## DAY FOUR

The last full day puts to practice some of the newly learned techniques. We also bring home, in the afternoon impact session, how to incorporate the new knowledge into your daily life. **Breakfast, lunch, and dinner will be provided to all attendees**

### MORNING SESSIONS

#### IMMERSIVE SESSION

#### PEAK PERFORMANCE & CONSOLIDATION

##### High Level Overview:

- Lung stretching and visualization.
- Third depth session in Dean's Blue Hole.

### AFTERNOON SESSIONS

#### IMPACT SESSION - POTENTIAL

#### YOUR NEW PERSONAL FRONTIER

The third impact session focuses on action and what you are able to do going forward after YUMA. We will provide you with strategies for rewiring the subconscious we often rely on.

##### High Level Overview:

- Guided relaxation.
- Strategies for rewiring the subconscious.
- Workshop: Maximize your human potential in your daily life.

#### CLOSING DINNER (LONG ISLAND, BAHAMAS)

We will all be part of a closing ceremony at our last dinner served by a local chef and featuring a seafood and vegan grill.

# DAY FIVE

On the last morning at Dean's Blue Hole, you have several options before heading home. **Breakfast is included.**

## OPTIONAL ACTIVITIES

### A DIFFERENT PERSPECTIVE

#### Options Available:

- Additional depth session
- Reef free diving tour
- Boat Excursion

MORNING  
SESSIONS

### ATTENDEES MEET - AIRPORT RIDE ( DEADMAN'S CAY AIRPORT)

The attendees to Yuma will meet to get a ride to Deadman's Cay Airport between 12-4 PM. It's a short drive to the airport and The Rebellion team can provide the transportation.

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Learn more or Apply for Yuma by scanning the QR code or by visiting the link below.



[www.rebellionimpactgroup.com/collaborative-experiences/](http://www.rebellionimpactgroup.com/collaborative-experiences/)

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# MEET YOUR FACILITATORS

## WHY WE EXIST MATTERS.

The Rebellion exists to enable positive change through the nurturing of impactful leaders. We aim to empower all of those who attend our experiences to reach their full human potential. Ultimately, the legacy of our work is a reflection of the leaders they become.



**William Trubridge**

**Vertical Blue Founder**

18x World Record Free Diver



*"Our potential is almost always far beyond what we believe, and unleashing it is a magnum opus, and one of life's greatest rewards. My passion is now to share with other individuals and entities the tools that have served me so well in this process."*

**Jordi Mullor**

**The Rebellion CEO & Co-Founder**



*"The impact that our experiences can have on our attendees will determine our legacy. We take that fact with huge responsibility and strive to always create moments that will change their lives. It's an honor to have the opportunity to be impactful."*



**Siri Ostvold**

**The Rebellion Co-Founder**

Norwegian Free Diving Record Holder



*"To be able to change business and systems, I believe we need to start with ourselves. I see the need of connecting people to their own body, to their surroundings, to their community and with nature to be able to - not only perform in life and business - but to create a new restorative and regenerative world."*

## SUSTAINABILITY & IMPACT

The Rebellion was founded with sustainability & impact in mind. Our core leadership retreats, the **Transformative Immersive Experiences (TIEs)**, focus on enabling leaders to become more impactful individuals, and as a consequence, lead organizations to be more impactful.



We are a **Stripe Climate Member**, which allows us to capture the carbon produced to attend our experiences through decarbonization partners. Overall, 1% of our revenue is directed towards this effort per experience.