YUMA

A FREEDIVING LEADERSHIP EXPERIENCE

Prepared for YPO TELLURIDE

Dates: May 19th-23rd, 2027
Group Size: 10-26 People

YUMA is a unique collaboration between **The Rebellion** and **Vertical Blue**, the world-renowned freediving organization led by 18x World Record holder and Rebellion co-founder **William Trubridge**. This experience is hosted by William alongside fellow Rebellion co-founders, **Jordi Mullor** and **Siri Østvold.**

DAY 1

ATTENDEES ARRIVAL- AIRPORT RIDE - STELLA MARIS AIRPORT (SML)

- Arrivals into Stella Maris airport (SML).
- Private transfer to **Harbour Breeze Villas** (as many as needed)

WELCOME DINNER (LONG ISLAND, BAHAMAS)

All attendees meet for a local welcome dinner and a opening session with the Rebellion team and the Vertical Blue team provided by a private chef or at local restaurant. We will also have an intro to The Rebel Path Concepts.

DAY 2

During the first full day at YUMA, the initial freediving session and impact session will focus on understanding foundational freediving techniques, acclimatizing to the new environment, and exploring your mental and physical potential. **All meals, gear, and facilitation included.**

MORNING SESSIONS

LEAVING THE SURFACE

- Briefing and light breathwork preparation.
- Physiology of breathing & physics of immersion.
- **Pool Immersion: static and dynamic apnea.**

AFTERNOON SESSIONS

EXPERIMENTING WITH COMFORT ZONES

During the first afternoon, we will have a light session at Dean's Blue Hole to introduce depth into the equation, and apply the concepts learned during the morning..

- Immersion brief.
- **First depth session in Dean's Blue Hole**
- **Rebel Path: Energy & Comfort Zones - Rebel Path Phase 1 & 2.**

THE REBELLION EXPERIENCES

VERTICAL BLUE

DAY 3

The second full day focuses on expanding your potential through tested techniques. We will introduce a customized version of William's proprietary ***Mental Immune System (MIS)*** method created exclusively for YUMA and dive deeper into The Rebel Path. **All meals, gear, and facilitation included.**

MORNING SESSIONS

PUSHING YOUR BOUNDARIES

- Intro to tools from the Mental Immune System method. Employing mental tools in high pressure scenarios.
- Lung stretching and visualization.
- **Second depth session in Dean's Blue Hole**.

AFTERNOON SESSIONS

A NEW PERSONAL FRONTIER

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

- Morning Debrief.
- **Rebel Path: Redefining Potential- Rebel Path Phase 3.**
- **Alternatives: Island Exploration Boat/Fishing or Intro to Spearfishing -** Shore-based session with floating catch buckets and target practice(All levels welcome).
- **Optional Spearfishing** - Experienced Divers (***Timing Dependent):***
  - ➡ Only Advanced - First boat-based spearfishing session (3 divers + guide + skipper per boat)

DAY 4

The third full day deepens the experience and lessons. You'll put to practice some of the newly learned mental techniques. We also bring home, in the afternoon impact session, how to incorporate the new knowledge into your daily life. **All meals, gear, and facilitation included.**

MORNING SESSIONS

EXPANDING YOUR POTENTIAL

- **Optional Final depth session in Dean's Blue Hole (Best Attempt)**
- **Alternatives: Island Exploration Boat/Fishing or Intro to Spearfishing -** Shore-based session with floating catch buckets and target practice(All levels welcome).

LUNCH SESSION

REDEFINING YOUR POTENTIAL

- Morning Debrief.
- **Rebel Path: Redefining Potential- Rebel Path Phase 4.**

THE REBELLION EXPERIENCES

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AFTERNOON SESSIONS

OPEN CHOICES

- Optional activities:
  - ➡ Breathwork with Vertical Blue team
  - ➡ Shrimp Grotto Cave Tour
  - ➡ Swimming Pig's Beach
  - ➡ Afternoon Off
  - ➡ Spearfishing

CLOSING DINNER & REFLECTION SESSION

For our final evening, we'll gather at a beautiful for a closing ceremony and dinner, prepared together by our team and your group under the guidance of a local chef.

- ***Reflection session: lessons, takeaways, and commitments to the group and yourself.***

DAY 5

The last morning at Dean's Blue Hole is all about wrapping up the experience with lessons and takeaways. **Breakfast is included.**

MORNING

- **Closing Breakfast with Rebellion Team**

Optional Activities Available:

- ***Additional depth session at Dean's Blue Hole*** – For those wanting to redeem or push further, this is an optional session.
- ***Spearfishing***
  - ➡ Advanced - Boat-based spearfishing session (3 divers + guide per boat)
- Morning Off - Explore Island on your own

Spearfishing expedition can be arranged as well as further freediving training. This option can be scheduled beyond the last day as well.

AIRPORT RIDES (STELLA MARIS AIRPORT (SML))

Those departing will meet to get a ride to Stella Maris airport (SML). The Rebellion team will provide the transportation.

THE REBELLION EXPERIENCES

VERTICAL BLUE

MEET YOUR FACILITATORS

Redefining what's possible.

The Rebellion enables leaders and teams to unlock their full potential. Everything we do, either **immersive experiences**, **on-site activations**, or **growth coaching**, is fully designed to challenge your limits and grow what you believe is possible.

William Trubridge

The Rebellion & Vertical Blue Co-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

"To grow you need to do more uncomfortable things. Period. There's no shortcut, tradeoff, or cheat sheet. Either you are or you are not expanding your comfort zone. Every action, every decision, is either within your comfort zone or outside of such. Now, to expand your potential you need to periodically try what you believe to be impossible. It is the only way to realize you are truly capable of more."

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."

THE REBELLION EXPERIENCES

VERTICAL BLUE