

DEAN'S BLUE HOLE, BAHAMAS
YUMA SCHEDULE
A Freediving Leadership Experience

YUMA

A FREEDIVING LEADERSHIP EXPERIENCE

Designed for



Dates: May 26th-30th, 2026

Group Size: 10-24

Price Tiers:

Members = **\$6,300**

Spouse/Adult Children = **\$6,400**

Shared Rooms = **\$300 per person less**

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** and designed for **Entrepreneurs' Organization** as a **MyEO** experience.

MAY 26TH **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 an opening session with the Rebellion team and the Vertical Blue team provided by a private chef or at local restaurant.

MAY 27TH During the first 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

SCRATCHING THE SURFACE

High Level Overview:

- 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.

High Level Overview:

- Immersion brief.
- **First depth session in Dean's Blue Hole**
- **Intro to The Rebel Path Concepts: Understanding Comfort Zones**



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MAY
28TH

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

EXPANDING YOUR POTENTIAL

High Level Overview:

- 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.

High Level Overview:

- Morning Debrief.
- **Rebel Path: Energy & Comfort Zones - Rebel Path Phase 1 & 2.**

MAY
29TH

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

High Level Overview:

- **Final depth session at Dean's Blue Hole** – personal best attempts and skill refinement.

AFTERNOON SESSIONS

OPEN CHOICES

High Level Overview:

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

CLOSING DINNER & REFLECTION SESSION

For our final evening, we'll gather at a special location 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.**



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MAY 30TH

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

MORNING

OPTIONAL ACTIVITIES

Options Available:

- Closing Breakfast with Rebellion Team
- Spearfishing expedition can be arranged as well as further freediving training. ***This option can be scheduled beyond the 30th as well.***
- ***Optional additional depth session***

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.

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."