



OUR PURPOSE:

Helping people **build confidence**, feel more at **peace**, and grow into the **best version** of themselves.

HOW?

Through the **safest freediving** and **spearfishing practices** guided by **compassionate** and **expert care**.

WHAT DO WE OFFER?

Freediving and **spearfishing** courses/trainings in one of the most biodiverse places on Earth:
Costa Rica's Osa Peninsula.



OUR OFFER

- **FREEDIVING**

Freediving Uvita offers **freediving** sessions focused on **safety, mindfulness** and personal **coaching**. Each session is designed to encourage **self-awareness** and **confidence** in the calm, stress-free environment of the **Osa Peninsula**.

- **SPEARFISHING**

Spearfishing certifications and tours promote **respect for marine life** and personal mastery through disciplined practice. **Freediving Uvita** ensures all participants are trained in **safe, sustainable** techniques, providing an experience that values **skill-building** and **environmental awareness** within one of the world's most biodiverse regions.

Net Rates Table for Agencies/Hotels					
Certification / Tour	Duration	Public Price	Net Rate	Minimum Participants	Season
Molchanovs Wave 1 Course	3 & ½ days	\$490	\$392	2	All year
Molchanovs Wave 2 Course	5 days	\$565	\$452	2	All year
Ocean Discovery/Training	½ day	\$140 (non certified) \$120 (certified)	\$112 \$96	2	All year
Pool Discovery	3 hours	\$95	\$76	1	All year
Reef Spearfishing	½ day	\$200 (Shared Charter) \$650 (Private Boat)	\$160 \$520	2 (max 4)	Dry season
Deep Reef Spearfishing	Full day	\$350 (Shared Charter) \$950 (Private Boat)	\$280 \$760	2 (max 4)	All year
Blue Water Spearfishing	Full day	\$450 (Shared Charter) \$1250 (Private Boat)	\$360 \$998	2 (max 4)	All year



ABOUT US



Settled in Costa Rica's culture and community, Freediving Uvita is led by respectful people who support the local economy, honor traditions and have deep love for nature.



SYLVAIN LAMBRECHTS
Founder and Instructor

Molchanovs and spearfishing instructor from Belgium, based in Uvita. Ocean lover and underwater photographer, sharing deep sea adventures.



CHARLINE PELZ-FERRY
Co-Founder and Instructor

Originally from France, she discovered her passion for the ocean in Australia and now teaches freediving in Uvita, Costa Rica.

Offering tours and courses in English, French, and Spanish, Freediving Uvita combines cultural immersion, multilingual expertise and sustainable practices to create meaningful, eco-conscious ocean experiences.





+506 6368-1783 📞
sylvain@freediving-uvita.com ✉

📷 @freediving_uvita
📍 Plaza Pacific Pools

