



Have you ever thought about a holiday that combines diving with another activity? And what if that activity helped you to get in better shape for diving and to get more out of the underwater world ...

The Joy Of Zen Diving

IF YOU FANCY combining your thrill seeking dive holiday with something a little more relaxing then why not take a look at Oonasdivers latest offering.

In the amazing location of Marsa Shagra you can now not only enjoy the world class underwater scenery that is on offer, you can also take advantage of the yoga skills of Wenche Beard (pronounced Venka) who launched her own dedicated Yoga Life Studio in Marsa last year and is now on hand to offer you a unique experience that is sure to bring you perfect harmony on your holiday.

This relaxing environment is ideal for combining new yoga experiences with some mind blowing Red Sea diving.

For a diver, the essential elements of yoga can significantly reduce your likelihood of injury. Specific exercises can improve core stability, working on the lower back to protect it from

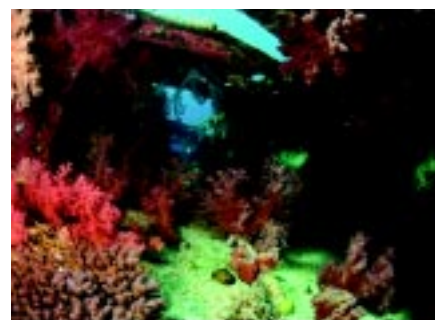
trauma of twin sets and weight belts. Targeting the legs and hips can improve your finning technique, stamina and your general fitness. It can also improve your flexibility and making diving a whole lot easier, especially for those who enjoy wreck and cave diving.

For anyone who want to slow down on their gas consumption, the breathing exercises which are fundamental in yoga are also ideal for improving lung capacity and encouraging effective, steady breathing which will ultimately extend your bottom time.

Call Oonasdivers on: 01323 648924 to register your interest in this tour. The proposed date is June 24 - July 1. Prices start at £415 which includes transfers, seven nights full board and daily yoga with Wenche. Flights are approximately £350. Oonasdivers can also arrange flights from Glasgow to Hurghada.



Wenche Beard strikes a pose



Marsa Shagra underwater scenery. image courtesy of Austen Bannister

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