

WATERMEN

EXPERIENCE NORONHA

4-day course, through which you will have a deep conversation with the Ocean, improving your relationship with water and surfing **your life's own wave.**

Throughout the 4 days in the program, you will develop your aquatic skills to the next level, based on training experiences and an intense interaction with the ocean. This interaction will be your inspiration to experience rewarding conversations and deep reflections that will enable the connection with your essence and improve your life style. That all happens in the magic of Fernando de Noronha! The island dismisses presentations: a Brazilian Paradise, with 4.200 inhabitants, a lot of native and preserved nature, where life comes out vigorously and diversely, be it in the waves or under the crystalline water. We chose the right time of the year so that everyone can experience a no-crowd ocean. Many ways to explore your skills in ocean and life: surf, bodysurf, bodyboard, dolphin swimming, diving, combined with innovative exercises – yoga, meditation and personalized professional support.

THE COURSE IS FOR PEOPLE WHO

- seek self-awareness through the ocean;
- search for a meaningful life style and have a purpose;
- are looking forward to a dream surf trip;
- swimmers who wish to start surfing with body and soul;
- surfers, bodysurfers, bodyboarders, beginners or advanced.

Our Invitation

Come with an open-mind to explore your most intimate side! Having the ocean as the great professor, we will start an everlasting inner-conversation!

ABOUT THE COURSE

The essence of this work emerged in 2006, when Pistilli lived in Florianópolis and founded Kaha Nalu with the physical trainer Flávio Carneiro, to work with low-income teenagers. After some time, with the methodology already well-established, adults started to become interested in the work, which generated the courses Waterman Experience Noronha, Bodysurf Pro and sessions lasting a couple of hours in different places throughout Brazil. This course was later nicknamed as Waterman Session.

As the pilot course was finished, Pistilli realized the importance of bringing more people into the team. In 2013, Fabi Pereira came along, bringing her background of facilitator in nature environments, as well as Lucas Nelli, yoga instructor and life-guard.



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OUR TEAM

Henrique Pistilli motivational lecturer, sea coach, consultant for companies, athlete, entrepreneur and host of the program "Homem Peixe" (Fish Man), on Channel OFF. As well as in the sea, the Fish Man confront the most diverse waves in life.



Fabi Pereira facilitator of human development processes hand-in-hand with nature, graduated in Business Administration (EAESP – FGV) and Sport (EEFE – USP) and post-graduated in Sports and Adventure Activities (FMU – SP).



Lucas Nelli, Yoga Instructor, life-guard, facilitator at Waterman Experience Noronha, bodysurf athlete and official shaper of the Long Handboard used by Fish Man, made out of recycling broken boards.



THE FOUR LEARNING STAGES

STAGES	IN WATER	IN LIFE
 <p>ALLIGATOR solid element physical energy EARTH – MINERAL</p>	<p>Observing, talking and dealing with the sea's physical strength, as well as the body's own limitation. Learning how to get into the sea easily and safely, with or without waves.</p>	<p>Diving into your inner potential and protective shell, limitations, fears, boundaries, beliefs and values.</p> <ul style="list-style-type: none"> • How to tell real fear from fantasy? • How to release my potential to flow?
 <p>SERPENT liquid element vital energy WATER – VEGETAL</p>	<p>Learning how to deal with the living energy from the currents' cycles, tides and waves. Improving the flow in the water and in the wave's face, with minimum effort and maximum results, without feeling tired.</p>	<p>Driving the talents and individual passions, at work and in life.</p> <ul style="list-style-type: none"> • What am I really good at? • What makes my eyes sparkle?
 <p>SEAGULL aerial element emotional energy AIR – ANIMAL</p>	<p>Transforming the living energy from the water's cycles into other forms of energy. Flying into new possibilities, creating aerial ways to move yourself, besides intuitive moves that expand the flow, connection and beauty integrated.</p>	<p>Broadening creativity to align dreams with paths and search for purpose. Flying high.</p> <ul style="list-style-type: none"> • What are my professional paths? • What are my dreams and ideal lifestyle?
 <p>DOLPHIN caloric element spiritual energy FIRE – HUMAN</p>	<p>Finding the internal creative being, discovering your unique style of being and moving into the water. Surfing in a meditative way, transforming surf into art, with total integration into the nature.</p>	<p>Overflowing what you are in practice. State of art. Presence with purpose at each second.</p> <ul style="list-style-type: none"> • How to become a little sunshine? • How to live a fulfilling lifestyle?



HOW TO SIGN IN

1

Fill in the Subscription Form and Medical Form sent by e-mail

3

Make a chat via Skype and/or phone with the purpose of complementing the information enclosed in your Subscription Form (these conversations will be schedule from September by Fabi Pereira).

2

Make the payment of the bank invoice that will be sent to you after our receiving of the forms, according to your situation:

1st Series - R\$ 3.200,00 spot price / R\$ 3.200,00 up to 5x

2nd Series - R\$ 3.200,00 spot price / R\$ 3.500,00 up to 5x

3rd Series - R\$ 3.500,00 spot price

Contact: **Lucas Nelli**

e-mail: shark@homempeixe.com.br

Whatsapp: (71) 99276-4433

IMPORTANT

It is included in the prices: 4 days of immersion with life-guard, board diary, food and hydration on the beach (nuts, dried fruits and lunch - açai juice and snack/tapioca - water and juices), logistic support and photographic register of the process. It does not include flight tickets, transfer, accommodation, travel insurance, TPA (environment protection fee) and park entrance fee (optional).

REMEMBER!

The financial issue should not be an obstacle for your participation. We are open to talk and have you in this journey with us! If this is your case, contact us to learn more.

ACCOMODATION

To improve our process, we invite the whole group to stay in the same place: THE SWELL HOUSE! Inaugurated in June, 2017, the house brings an innovative proposal to the island, being the first local hostel to offer lower prices, seeking a cultural exchange between guests and community. A lively environment, with kitchen and common leisure area, besides shared rooms separated exclusively for the program's participants. Breakfast is included and will be served at 06:00 on the course's days, perfectly meeting our needs.

For reservations, contact Maga 55 81 99941.8101.

* special values for Waterman participants: R\$ 170,00/day.

