



TE PAEPAE ARAHI

*Toka Tūmoana*

# DIVE INTO YOUR HAUORA

Diving techniques can be surprisingly beneficial for supporting mental health, offering a unique combination of physical activity, mindfulness, and connection with te taiao.

A four-session water safety program designed to equip participants with essential knowledge and skills to stay safe in and around water when diving Aotearoa's beautiful coast.



**ENQUIRE**

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