SDI Brings Free Introductory Breath Hold Sessions to Surf Expo 2026

Scuba Diving International (SDI) will offer free daily Introductory Breath Hold Sessions at Surf Expo, September 16-18, 2026, giving surfers, kayakers, paddleboarders and other water enthusiasts an opportunity to learn practical breathing, relaxation and breath-hold techniques that can help build greater confidence and control in the water.

The approximately 30-minute sessions are free for Surf Expo attendees and will take place each day at 11:00 a.m. at Cressi Booth #825 inside the Orange County Convention Center in Orlando, Florida.

Designed as an accessible introduction to breath-hold training, each session will guide participants through techniques aimed at helping them better understand their breathing, recognize the body's response to increasing carbon dioxide and remain more relaxed as discomfort develops.

Participants will work toward a goal of a **two-minute breath hold**, but the purpose of the session goes well beyond simply seeing how long someone can hold their breath.

Register Today for Free!!

30 Minutes to a Calmer You in the Water
Big-wave hold downs. Turbulent water. An unexpected swim. A capsized kayak.

For anyone who spends time in or around the water, situations can change quickly. Physical stress can become mental stress, and the ability to remain calm can influence what happens next.

The **free Introductory Breath Hold Session** introduces participants to techniques that can help them better manage that response.

Through guided instruction, participants will explore how relaxation, preparation and breathing technique can influence breath-hold performance while gaining a better understanding of what happens inside the body during a breath hold.

The goal is not to encourage people to simply hold their breath longer. It is to introduce a structured approach to breath-hold training and demonstrate how proper education can help people become more comfortable with the physical and mental sensations associated with being underwater.

Most importantly, these skills are practiced in a controlled environment before they are ever needed in an uncontrolled one.

Panic is optional. Control isn't.

Breath-Hold Skills Beyond Freediving
Although breath-hold training is closely associated with freediving, the principles taught during the session can be valuable across a much broader range of watersports.

Surfers may encounter hold downs after a wipeout. Kayakers can unexpectedly find themselves in the water following a capsize. Paddleboarders, swimmers, snorkelers and scuba divers may all experience situations where remaining calm and understanding their body's response to stress becomes important.

That crossover is one of the primary reasons SDI is bringing these free sessions to Surf Expo.

Professional diving and freediving education can provide skills that extend beyond traditional diving activities. Breath awareness, relaxation, preparation and controlled responses to stress are relevant to nearly anyone who regularly spends time in the water.

The sessions are intended to give Surf Expo attendees an approachable introduction to those concepts while demonstrating what structured breath-hold education can offer.

A Free, Practical Introduction to Breath-Hold Training

During each session, participants will be introduced to:
Breath awareness and preparation techniques
Relaxation strategies for breath holding
The body's response to increasing carbon dioxide
Practical breath-hold safety considerations
Techniques for improving comfort and control
A guided progression toward a two-minute breath hold

No previous freediving or breath-hold training experience is required, and there is no cost to participate.

The session is designed for anyone interested in becoming more comfortable, knowledgeable and confident in the water, whether their primary activity is surfing, kayaking, paddleboarding, swimming, snorkeling, freediving or scuba diving.

Free for Surf Expo attendees. Register Now

Attendees can also visit SDI Booth #829 throughout Surf Expo to learn more about SDI training, freediving education and opportunities to bring professional water education to their customers and communities.