

# Bio – Oli Christen

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**Owner of Freedive Flow Indonesia on Gili Air**

**Original Author of AIDA Education Manuals**

**Molchanovs Head of Waves Program**

**Oli Christen is a Freedive Instructor Trainer and the owner of Freedive Flow Indonesia. As a leading Freedive Educator, he is a contributing author of the Molchanovs Wave System, the author of the original AIDA education manuals and a former member of the PADI Freediver Advisory Board. Oli splits his time between Indonesia, Switzerland and in the USA.**

[www.freediveflow.com](http://www.freediveflow.com)

Oli Christen is known in the world of freediving as the original author of the AIDA education manuals and is a versatile speaker and freedive evangelist. He has been awarded 2015 by PADI for his outstanding contribution as a member of the PADI Freediver Advisory Group. Since 2018 he is a contributing author in the Molchanovs Education System and with 2020 became the **Head of the Molchanovs Waves Program**.

With a highly qualified team of instructors, his Freedive School **Freedive Flow** on the Indonesian paradise island **Gili Air** offers the full range of courses of Molchanovs, AIDA and PADI Freediver – from beginners to instructor trainings. The school is specialized in professional development of Master Students and Freedive Instructors.

Born and raised in Switzerland, Oli Christen moved to Indonesia in 2011 to start Freedive Flow. Oli sees freediving as the most direct way to interact with underwater nature and in a much broader perspective, for him freediving is a powerful tool to open new doors and gain insights to ourselves. In his Master Programs and Instructor Trainings he emphasizes perfect freediving technique as much as excellent teaching skills to create a safe environment for all students, with the goal of making every freedive session an unforgettable experience.

Oli holds several master degrees in psychology and business administration and looks back on a career as a consultant and associate professor of strategic HR-management and training systems developer. He also has a professional sports background in handball and music production.

- *Owner of Freedive Flow Indonesia*
- *Instructor Trainer Molchanovs, AIDA and PADI Freediver*
- *RYT 200 Yoga Instructor*
- *Lic. Phil. Hist. Psychologist of Work and Organization*