



— PARTNERSHIP KIT · 2026

FREEFLOW DYNAMICS

by Natalie Bruce

US professional freediver & human-performance coach

freeflowdynamics.com

Photo · Allie Reilly



2025 AIDA World Championships • Wakayama, Japan

A record-holding freediver with a story worth telling.

Natalie Bruce is a US professional freediver and human-performance coach. In just two and a half years of competition she rose into the top ten women in the world — the first American woman to surpass 200 m in Dynamic, now at 257 m. Her practice blends elite performance with a foundation in kinesiology, yoga, and breathwork.

CAREER HIGHLIGHTS

WORLD RANKINGS • 2025

- 2nd — Dynamic Bifins (249 m)
- 3rd — Dynamic Monofin (257 m)
- 5th — Free Immersion Depth
- 8th — overall female freediver

RECORDS

- 17× United States national record holder
- 12× continental record holder

WORLD CHAMPIONSHIPS

- Vice World Champion — Dynamic Bifins, 249 m
- Bronze Medalist — Dynamic Monofin, 257 m
- 2025 AIDA World Championships, Wakayama

HISTORIC FIRST

- First American woman to surpass 200 m in Dynamic

— THE BRAND

Grounded, not hyped. Strong and soft.

Freeflow Dynamics is built on a single feeling — the calm of one breath in open water. An authentic, premium voice that resonates with an audience drawn to wellness, human performance, mindfulness, and the natural world. No hype. Real experience, honestly told.

— WAYS TO COLLABORATE

Sponsored athlete

Long-term ambassador relationships with kit, competition support, and ongoing brand representation.

Product collaboration

Co-developed or tested gear — wetsuits, fins, equipment, nutrition. Honest field testing in real conditions.

Content & storytelling

Photography, film, and editorial from training and competition worldwide. Premium natural-light imagery.

Events & appearances

Workshops, retreats, talks, and brand events. Breathwork and freediving experiences for teams.

— CURRENT PARTNERS

Orca · USANA · Lobster · Blue Element

— GET IN TOUCH

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FREEFLOW DYNAMICS

Drawn in one breath.