



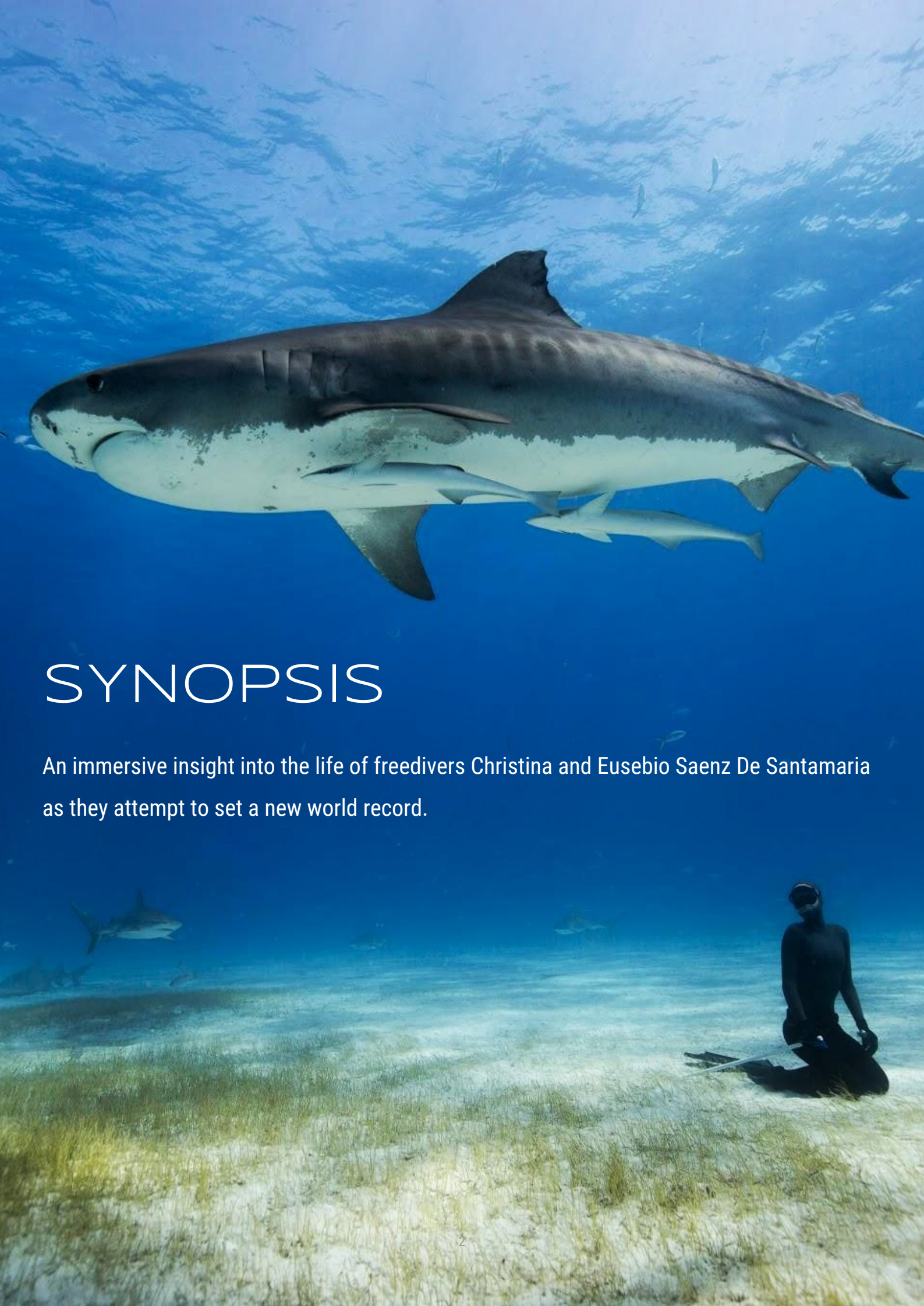
# ONE BREATH

A LIFE WITHOUT GRAVITY

A SEBASTIAN SOLBERG FILM

FEATURING EUSEBIO & CHRISTINA SÁENZ DE SANTAMARÍA





# SYNOPSIS

An immersive insight into the life of freedivers Christina and Eusebio Saenz De Santamaria as they attempt to set a new world record.



# DIRECTOR'S STATEMENT

As a filmmaker I constantly find myself drawn to underdog stories, tales of impossible achievement, in fantastical worlds.

After working as a 2nd-unit director on the BAFTA-nominated film *The Eagle Huntress* I was inspired to make my own documentary set in a far away land, focusing on the relationship between humans and animals. I began to hunt for a story and found myself gravitating towards the ocean, a real world portal to an entirely new realm.

My journey led me to freedivers Christina and Eusebio. I discovered them via their Instagram page and I was immediately struck by the otherworldly quality of their work. I made contact, explained my ambitions, and before long I was on a flight to Ibiza to begin shooting.

It was a tough shoot. Time was limited and so was the footage. But this initial setback would prove to be the making of the film. Eusebio and Christina gave me access to their personal footage and I realised that what they had to offer was far more powerful than anything I could have shot. It was like reading a diary. An intimate visual dialogue between trainer and student, husband and wife. It was in that moment that I found the heart of the film.

The nature of filming as a freediver, without oxygen masks, meant that their personal archive was brimming with unique wildlife photography. They were able to capture up-close moments with dolphins and sharks that would be near impossible to achieve with regular diving equipment.

*One Breath* has been two years in the making. A passion project fuelled by my desire to inspire wonder and respect for the natural world, and our place within it. I can't wait to share it with the world!





# FREEDIVERS



## **CHRISTINA SAENZ DE SANTAMARIA**

Originally from Sydney, Australia, Christina is an 8-time national record holder.

Christina discovered freediving whilst travelling in 2005, on the small island of Koh Tao, Thailand.

Already a scuba diving instructor she was drawn to the idea of moving freely underwater. After her first course with Apnea Total, she was hooked. She has since become a globetrotting underwater explorer.



## **EUSEBIO SAENZ DE SANTAMARIA**

Originally from Bilbao, Spain, Eusebio is the co-founder of Apnea Total, one of the world's largest freediving schools.

He is a former national record holder in three depth categories and one of only a small number of people in the world to have freedived, self-powered, to a depth of 100 metres.

Eusebio discovered freediving in 2003 while completing his scuba diving course on the island of Koh Tao, Thailand. After seeing people holding their breath in the swimming pool he decided to give it a go himself. He fell in love with the sensation and has been freediving ever since.

# CREW



## SEBASTIAN SOLBERG

Director

Sebastian is an award winning film director based in the UK.

His work has taken him all over the globe, from the remote deserts of Mongolia to the snow capped mountains of the Arctic.

When Sebastian isn't making films you can find him climbing mountains or diving into lakes.



## LYNDON HOLLAND

Composer

Lyndon is a BAFTA award winning composer whose work includes *Virginia*, *Poi* and *Aviary Attorney*.

He trained at the prestigious National Film and Television School.

In 2017, Lyndon was awarded the BAFTA for Music in a Video Game for his work on *Virginia*.



## DAVID SENDALL

Sound Design

David is an accomplished sound designer whose work includes *Kingsman: The Secret Service*, *The Man from U.N.C.L.E.*, the BBC's *War and Peace* and Netflix's *The Crown*.

He created the magical underwater soundscape for *One Breath* using an extensive library of hydrophone recordings, captured using a large water tank in his studio.

When David isn't designing sound he can be found drumming for acoustic rock band, Datum Plane.



# CREDITS

## FEATURING

Christina Sáenz de Santamaría

Eusebio Sáenz de Santamaría

## CREW

Director / Producer Sebastian Solberg

Editor Henry Donald

Cinematography Christina Sáenz de Santamaría

Eusebio Sáenz de Santamaría

Sebastian Solberg

Composer Lyndon Holland

Sound Design David Sendall

Colourist Emily Johnson

Title and Credit Design Andrew O'Sullivan

Romy Ahluwalia

Publicist Kit Roberts

