
Hanli Prinsloo



Hanli Prinsloo is a multiple South African freediving record holder and Founder of I AM WATER Ocean Conservation. Prinsloo is a highly skilled free diver and 11 times South African free-diving record holder. Growing up on a horse farm in rural South Africa her love of nature and the human need for wilderness were instilled at an early age.

With a background in social-political documentary filmmaking, Hanli Prinsloo has travelled the world seeking and telling stories of transformation, hope and inspiration. Hanli excelled at competitive freediving and is a sought-after coach having worked with professional rugby players, cyclists, runners and big wave surfers. Prinsloo worked intensively with the South African Springbok Sevens rugby team in 2012-2013. Prinsloo was selected as one of the World Economic Forum's Young Global Leaders

At present her energy is channeled into ocean conservation through human experience, reconnecting people with nature through the innovative I AM WATER ocean workshops offered to underserved coastal communities globally. Her for profit sister company, I AM WATER Ocean Travel takes paying clients on extraordinary ocean adventures around the world, teaching yoga, freediving and big animal interactions as a fundraising tool for the work of the foundation.

Her personal quest being freediving with marine megafauna has resulted in numerous exhibitions, films and articles about the human/animal connection. She is an acclaimed inspirational speaker and Young Global Leader under the WEF.