Articles on Aquawareness by Giancarlo De Leo

1. «Paura dell'acqua? Vi insegno io come sconfiggerla», di Giancarlo De Leo, (pdf, Italian language) "L'Unità", 01/08/2004
2. «Misteri dell'acqua – Come affrontare la nostra paura», di Giancarlo De Leo (pdf, Italian language) "Repubblica Salute", 2006.
3. «Aquawareness – Riscoprire il proprio rapporto con l'acqua attraverso la consapevolezza. Viaggio nel mondo del nuoto oltre l'agonismo», di Giancarlo De Leo, (pdf, Italian language) 01/08/2013, "PoliziaModerna" – official magazine of the Italian State Police (Italy, Ministry of the Interior, Department of the Public Security).
4. «Misteri dell'acqua: come affrontare la nostra paura» di Giancarlo De Leo, Ocean4future.org, 12/05/2021.
5. «Aquawareness – Il Nuoto come strumento di consapevolezza (I)» di Giancarlo De Leo (italian language) Ocean4future.org, 01/03/2022.
6. «Aquawareness – La ricerca della consapevolezza nel nuoto (II)» di Giancarlo De Leo (italian language) Ocean4future.org, 08/03/2022.
7. «Aquawareness» – Fuori (fuorimag.it), di Giancarlo De Leo, (italian language) 21/06/2022.

Notes

Giancarlo De Leo, an architect and former athlete, served as an instructor, and master of rescue techniques with the Italian Swimming Federation until 2021.

He devoted his career to exploring and developing Aquawareness, pioneering the integration of swimming with mindfulness practices to improve swimming skills. His goal is to boost self-awareness and mental clarity through water-based meditation.

And through this long work of water practices, the concept of Aquawareness literally emerged naturally within him. It focuses on using water to enhance self-awareness, mindfulness, and, as the original goal, each practitioner's aquatic motor skills/abilities.

De Leo’s approach is deeply rooted in the idea that water, as a primordial element, helps individuals reconnect with their most basic sensations and experiences. He believes that immersing oneself in water and focusing on the sensations it provides can achieve a state of mindfulness similar to traditional meditation practices.

Giancarlo De Leo’s Aquawareness concept, emphasizing the use of water to enhance self-awareness and mindfulness, aligns with numerous theories and practices from various disciplines, each supported by specific bibliographies.

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