

For any information, please contact us via email at: info@aquawareness.net

- Uncategorized

How many and which senses can we develop through the practice of Aquawareness?

Simple answer: everyone! The problem, however, lies elsewhere, upstream... How many senses does a human being possess? If you delve[...]

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In what ways is aquawareness preferable to other holistic practices

Aquawareness stands out from other holistic practices due to its unique features that highlight...



Drops

Drop #1 - Lao Tzu, Archimedes, Newton. (in progress)

“La Virtù, simile all’acqua, prendendo senza lottare la forma di ogni cosa, ad ogni...



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Aquawareness vs Aqua Yoga

Aqua yoga and aquawareness are interconnected practices that harness the unique qualities of water...



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Aquawareness: Principles and Comparisons with

Other Holistic Disciplines like Ai Chi, Yoga, and Tai Chi

Aquawareness is an innovative discipline that transforms swimming into a meditative experience, based on...

- Drops

Drop #1 - The breeze will come to tattoo the sea

"The breeze will come to tattoo the sea" - Ἐλεύσεται αὔρα θάλασσαν χεράξει
Simonides...



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Aquawareness goals

Primary goals Aquawareness strives to improve water safety and swimming proficiency,

while also nurturing...



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Aquawareness in brief: benefits, goals, mission.

Main Mission Giancarlo De Leo created the concept of Aquawareness, combining basic swimming and...



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Aquawareness: a philosophical approach to survival

Aquawareness, is a philosophical approach that integrates water with mindfulness to

enhance physical and...

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How aquawareness reduces and mitigates bias

Aquawareness reduces and mitigates bias by immersing yourself in an environment that stimulates body...

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What are the benefits of deconstructing swimming techniques in Aquawareness

Deconstructing techniques in Aquawareness provides numerous benefits: Enhanced Sensory Awareness: Letting go of complex...

Categorie del Blog

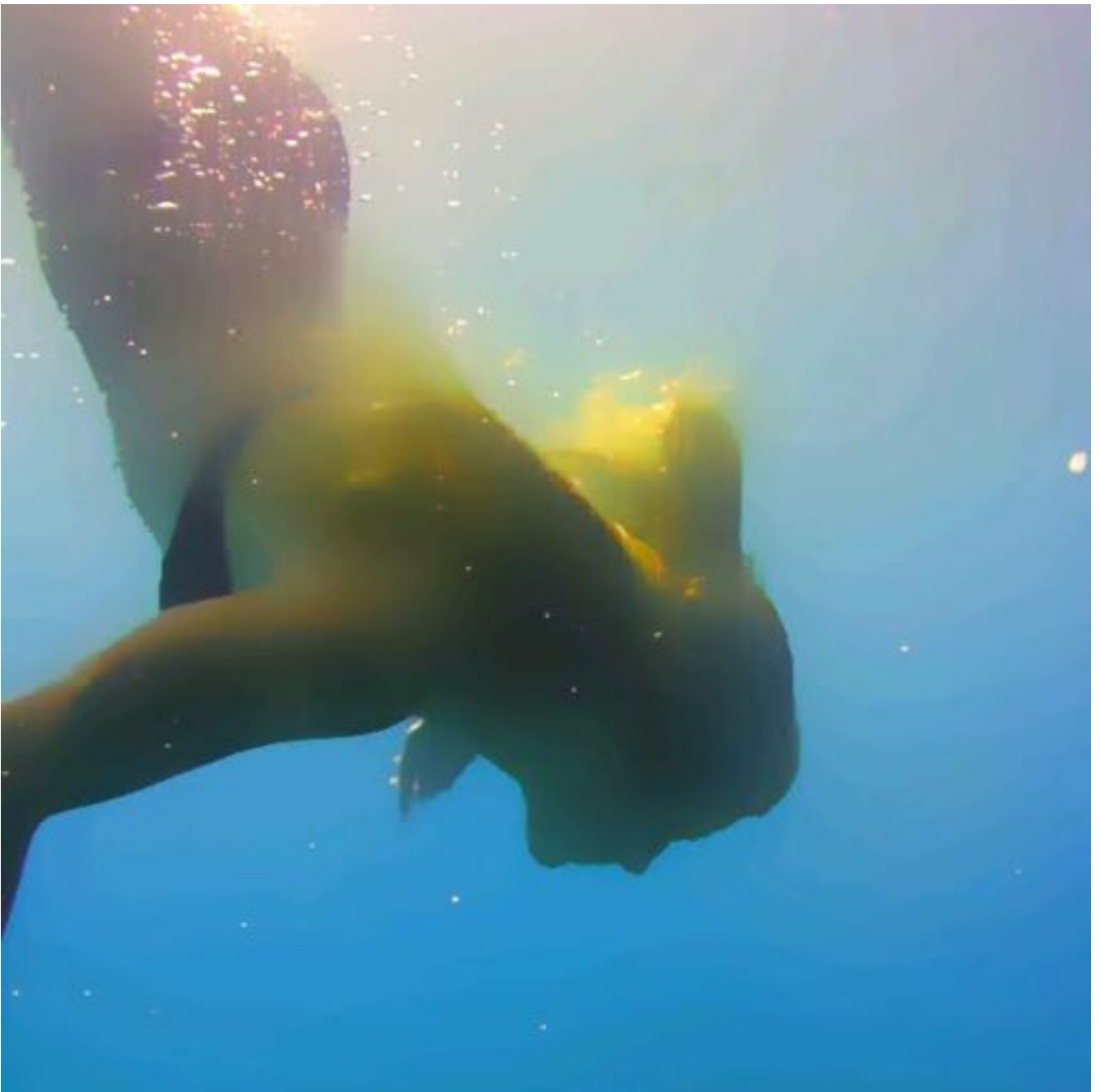
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In primo piano



• **How many and which senses can we develop through the practice of Aquawareness?**

- **In what ways is aquawareness preferable to other holistic practices**



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Drop #1 - Lao Tzu, Archimedes, Newton. (in progress)

Instagram











