

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

- Uncategorized

Performance vs Experience in Aquawareness

In Aquawareness, the comparison between performance and experience reveals a shift in focus from measurable outcomes to holistic engagement: Performance[...]



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Defining Aquawareness

A Practice Combining Mindfulness and Aquatic Activities:



Uncategorized

Aquawareness on Academia.edu: An Analysis of Academic Sources

Aquawareness on Academia.edu: An Analysis of Academic Sources The concept of Aquawareness, an innovative...

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Aquawareness “Genius Loci”: water and its benefits for the body and mind

Water and Its Benefits for the Body and Mind Water is matter and matrix,...



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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...

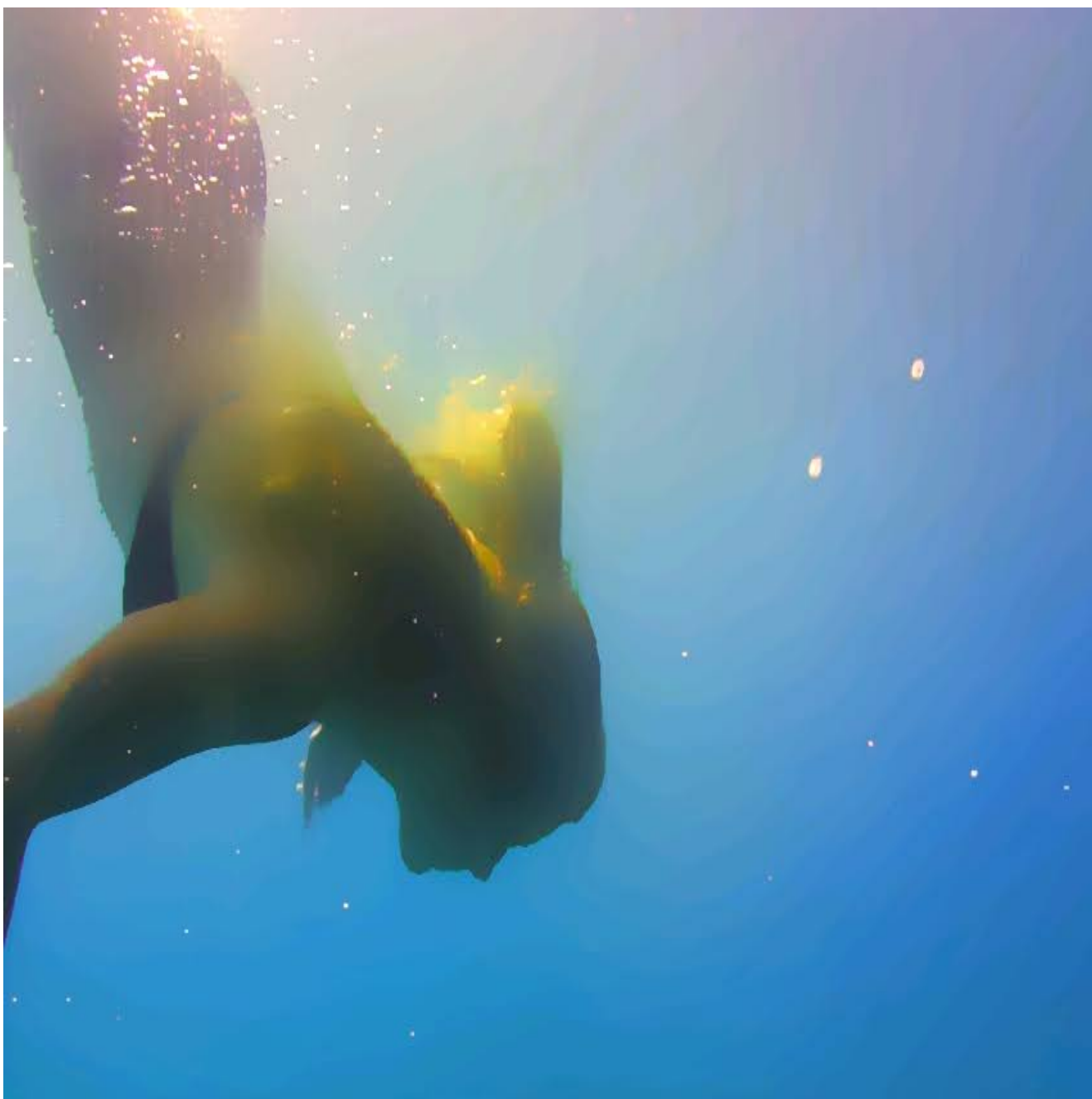


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In what ways is aquawareness preferable to other

holistic practices

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



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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 - Simonides of Ceos (556 - 468 BC): “The

breeze will come to tattoo the sea”

“The breeze will come to tattoo the sea” - Ἐλεύσεται αὔρα θάλασσαν χαράξαι
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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Categorie del Blog

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In primo piano



• **Performance vs Experience in Aquawareness**



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Defining Aquawareness



• **Aquawareness on Academia.edu: An Analysis of Academic Sources**

Instagram











