

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



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## **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...



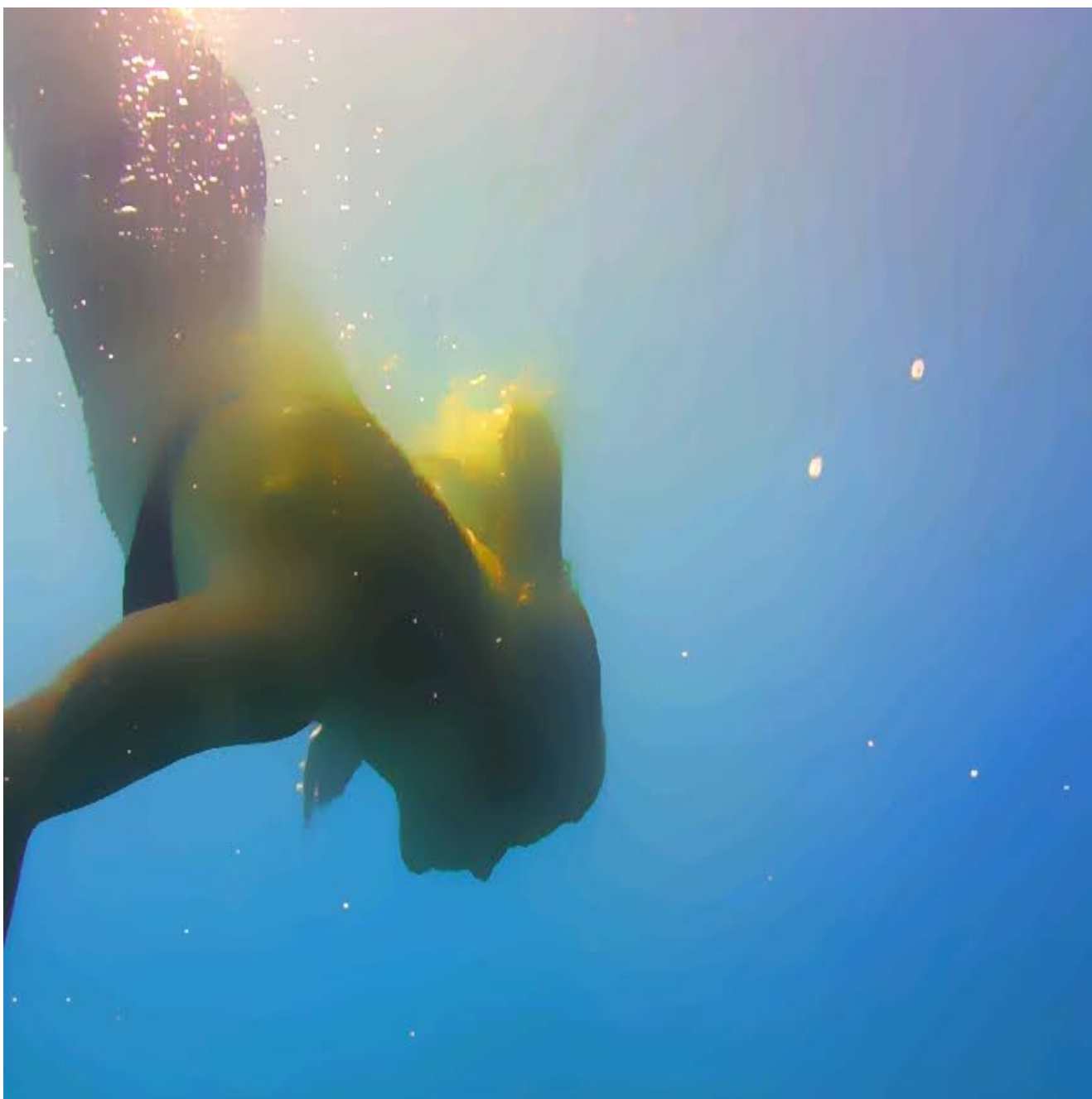
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**In what ways is aquawareness preferable to other**

## **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**

- Drops
- Uncategorized

## **In primo piano**





## **Performance vs Experience in Aquawareness**



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## **Defining Aquawareness**



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

**Instagram**



















