

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

- Uncategorized

Defining Aquawareness

A Practice Combining Mindfulness and Aquatic Activities:



Uncategorized

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

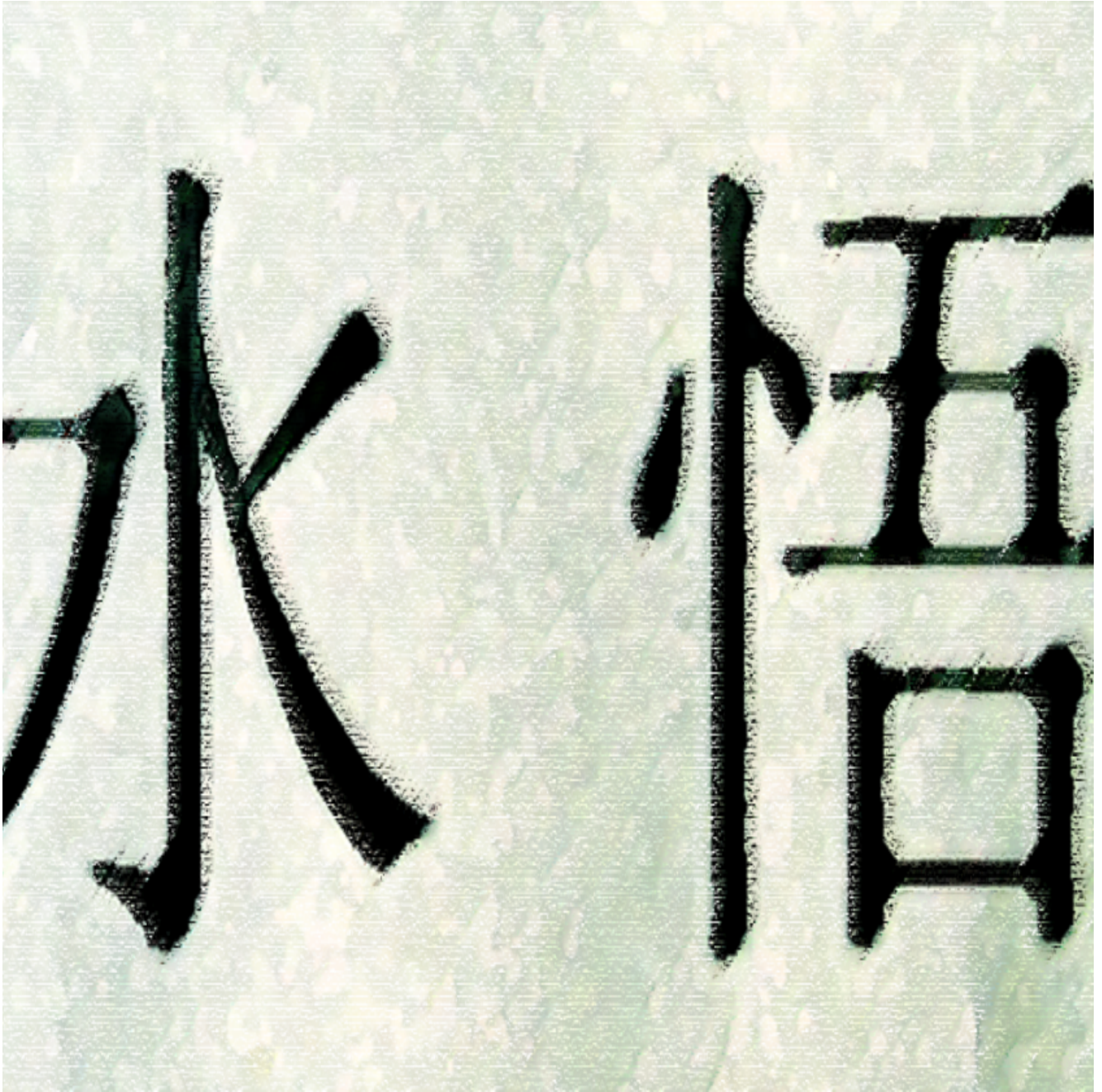
Deconstructing techniques in Aquawareness provides numerous benefits: Enhanced Sensory Awareness: Letting go of complex...

- Drops

Drop #3 - Nansen, Joshu and the “Sack of rice

meditation”

One day, Nansen found Joshu sitting in meditation and asked, “What are you doing?”Joshu...



Drops

Drop #2 - Chuang Tzu

Confucius was looking at the cataract near the gorge of Lü, which fell a...



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Comparisons: theories and other practices

Giancarlo De Leo's Aquawareness concept, which focuses on utilizing water to boost self-awareness and...

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Aquawareness

Using Water to Enhance Awareness: The Ultimate Approach to Mastering Swimming
(Fully enriched multimedia...



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Interview with Giancarlo De Leo: origins and history

of the concept of Aquawareness (part I)

Q. How and where did it begin? A. As a child, I spent endless...

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Categorie del Blog

- Drops
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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











