

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

- Beyond aquawareness

Beyond Aquawareness

Beyond Aquawareness Our first perceptions of being in this world were lived with eyes closed, wrapped in amniotic liquid, sensing warmth, limit, the silent dialogue of the body...



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Aquawareness: trattato sistematico sulla pratica olistica di consapevolezza acquatica

1. Introduzione: Definizione e Contesto di Aquawareness 1.1. Presentazione di Aquawareness come Disciplina Olistica...

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The Influence of Eastern Meditation Practices on Aquawareness's Meditative Dimensions

Aquawareness's meditative framework draws deeply from Eastern contemplative traditions while adapting their principles to...



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Aquawareness: A Holistic Practice in the Aquatic

Element

Aquawareness represents a unique holistic discipline that transforms the act of swimming into a...



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Performance vs Experience in Aquawareness

In Aquawareness, the comparison between performance and experience reveals

a shift in focus from...



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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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In primo piano

- **Aquawareness and AI. Conversation with Perplexity**
- **Aquawareness: webgrafia essenziale, un viaggio documentale dal 2004 al 2025**



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Instagram











