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

- Uncategorized

Leonardo da Vinci e la sua eredità olistica: Fritjof Capra, il Tao della Fisica e Aquawareness di Giancarlo De Leo.

Collegare Fritjof Capra a Giancarlo De Leo e alla sua “aquawareness” richiede di tuffarsi (gioco di parole acquatico!) nel comune filo conduttore: l’eredità olistica di Leonardo da Vinci,…



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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…

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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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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…

- Uncategorized

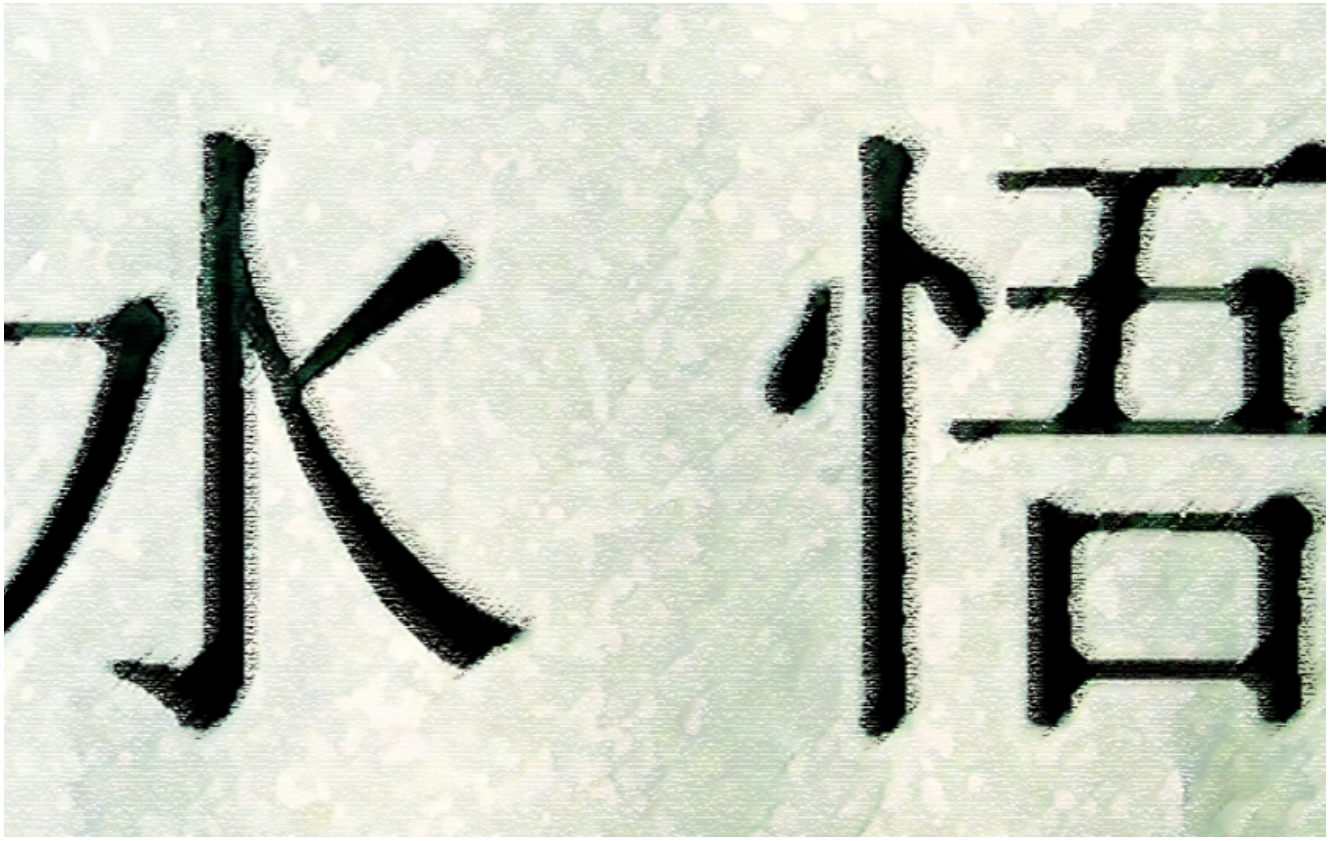
What are the benefits of deconstructing swimming techniques in Aquawareness

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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Uncategorized

Comparisons: theories and other practices

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

Categorie del Blog

- Beyond aquawareness
- Drops
- Uncategorized

In primo piano

- **Aquawareness and AI. Conversation with Perplexity**

- **Aquawareness: webgrafia essenziale, un viaggio documentale dal 2004 al 2025**

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  Beyond Aquawareness

Instagram











