

Aquawareness reduces and mitigates bias by immersing yourself in an environment that stimulates body and mental awareness.

Aquawareness aims to diminish and counteract bias by engaging individuals in an environment designed to enhance both physical and mental awareness. Through

this immersive experience, participants are encouraged to explore their senses, leading to a heightened state of consciousness and understanding of their surroundings. This process not only fosters personal growth but also promotes a more profound connection with the self and the environment, ultimately contributing to a more balanced perspective.

In water, gravity is counterbalanced by Archimedes' thrust, improving proprioception and fine motor control, allowing you to observe the body without preconceptions or expectations of performance[1][3].

In water, the force of gravity is counteracted by Archimedes' thrust, which enhances proprioception and fine motor control. This unique environment allows you to observe the body in a state free from preconceptions or expectations of performance. The buoyancy of water reduces the impact of gravity, providing a supportive medium that facilitates a greater awareness of body movements and positions. This allows for a more mindful observation and understanding of the body's capabilities and limitations.

In addition, body-water interaction encourages a more objective perception of oneself, reducing predefined mental patterns and promoting greater open-mindedness and self-awareness[1].

Moreover, the interaction between the body and water fosters a more objective self-perception, helping to diminish existing mental patterns. This process encourages a more open-minded approach, enhancing one's ability to be self-aware and open to new experiences and perspectives.

[1] [PDF] Aquawareness | Fuori
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https://www.bakerdonelson.com/implicit-bias-awareness-and-accountability

[3] Fuori – outsider magazine for executive insiders – Uno sguardo …
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[5] Bias, awareness, and ignorance in deep-learning-based face …
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[7] Six Ways Embodied Awareness Can Reduce Bias – LinkedIn
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[8] Implicit and Explicit Biases for Recycled Water and Tap Water
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