

Aquawareness seamlessly integrates the art of swimming with the practice of mindfulness, aiming to enhance self-awareness and sharpen mental clarity. This unique approach underscores the importance of being fully present and engaged in the water, turning the act of swimming into a meditative experience that fosters a deeper journey of self-discovery and personal growth.

In this context, mental presence goes beyond being merely a goal—it serves as the most effective method for advancing swimming skills. Focusing on breathing, fluid body movements, and the feel of the water can significantly boost technique and efficiency. This holistic approach harmonizes mind and body, leading to improved performance and greater enjoyment in swimming.

This concept is based on the idea that water, as a primordial element, helps individuals reconnect with fundamental sensations and experiences. By focusing on the sensations of buoyancy and water resistance, swimmers can attain a state of mindfulness akin to traditional meditation.

It's a thorough way to experience the water.

Aquawareness promotes mindfulness in swimmers, focusing on their movements, breathing, and body interaction with the water.

Aquawareness encourages - and inevitably “demands” - mindfulness in practitioners, guiding them in the conscious observation of every state of balance, as well as every slight, almost imperceptible, shift. It invites noticing each subtle active movement and the water's prompt reaction, bringing this continuous interaction to awareness, and vice versa, when the liquid element becomes the active subject.

Engaging in this practice enhances self-awareness and improves both physical and mental well-being, encouraging relaxation and reducing stress. However, although these benefits are significant, they do not represent the primary purpose of the practice...

Simultaneously, practicing aquawareness enables the exploration and comprehension of one's aquatic environment, fostering and sustaining a deepening connection between external and internal awareness.

This process is the key to becoming more skilled in the water, gradually developing the necessary skills and motor abilities to transition from a land-dweller to a proficient swimmer, ensuring both safety and freedom in the water. Safety, and survival, come first—this is the main goal.

*“Primum vivere, deinde philosophari”*, said the ancient Romans.

*Giancarlo De Leo*