

Aquawareness is not only about merging swimming with meditative practices about, or inspired by the water to achieve an undefined holistic well-being, artistic inspiration, mind-opening or stress reduction.

Aquawareness is about fostering a deeper connection with water through body sensations and perceptions.

It cannot be regarded as a traditional competitive sport, as it lacks elements of competition, does not aid in weight loss, and does not provide intense cardiovascular training.

The practice of aquawareness is driven by a clear and specific objective:

Continuously enhancing water survival and swimming skills is essential for attaining greater safety and confidence in aquatic environments. This not only boosts personal survival odds but also empowers individuals to aid others in both anticipated and unforeseen water scenarios. It's undeniably a critical matter.

Mindfulness meditation, within the context of aquawareness, serves not as a goal but as an effective tool for skillfully navigating immersive experiences across various aquatic environments like tanks, pools, rivers, seas, and lakes.

Meditation is a means, not an end, as the great masters of Eastern traditions have always taught.

The famous koan of the polished brick, centered on Nanchuan and Chaochou, two illustrious Masters of the Tang Dynasty, perfectly expresses this concept.

This does not imply that meditation-on-the-go is devoid of broader positive effects; rather, it indicates quite the contrary, indeed.

Here it is, in random order:

Enhancement of internal and external awareness, by:

Measuring equilibrium and orientation within a specific aquatic space-time.

Enhancing equilibrium and dynamic quality: stability in floating, precise control of submersions and emergences, and smooth water navigation; graceful propulsion, efficient and essential motor skills; seamless coordination between individuals and the water environment.

The enhancement of kinesthetic senses—touch, sight, and hearing—through varied stimuli provided by a water-based environment as opposed to on land.

The exploration and mastery of subjective sensations can lead to objective outcomes seen in underwater experiments and controlled breathing techniques.

Optimizing the psycho-physical balance and energy distribution in both rest and motion: a critical analysis and evaluation of contributions during immersion and emergence, emphasizing the volume, freedom of movement, and flexibility of each body part

Recognizing the challenges and support water offers in every swimming situation; comprehending personal abilities and boundaries, and effectively utilizing energy to align with the desired action.

All these aquatic experiences also focus on safety and survival. By engaging with water, enhancing internal and external awareness, these activities promote the development of essential water safety skills.

It is crucial to emphasize that, beyond boosting mental and physical well-being, aquatic experiences can improve response skills in emergencies and build confidence in the water.

In summary, the primary objectives are:

1. Enhancing Body/Water Awareness: Encouraging swimmers to be mindful of their static floating, immersion, movements, breathing, and how their body interacts with the water, and then:
2. Promoting Relaxation: Using water as a medium for relaxation and stress relief, and then:
3. Rediscovering Sensations: Recapturing the primordial experiences of being in

water, similar to the sensations felt in the womb, and then:

4. Improving Mental Presence: Turning swimming into a form of floating meditation, increasing overall awareness, and then:
5. Connecting with Nature: Encouraging a sense of oneness with the natural element of water, and then:
6. "Classic" swimming: Improvement of swimming skills and abilities, and then:

General Objectives: Enhance physical and mental self-respect and autonomy concerning the environment and others. Develop the ability to engage in relationships that are recognitive, co-creative, and interactive. Promote individual and social responsibility and safety.

Core Objectives: Empowerment, security, and most importantly, mastery of water survival.

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