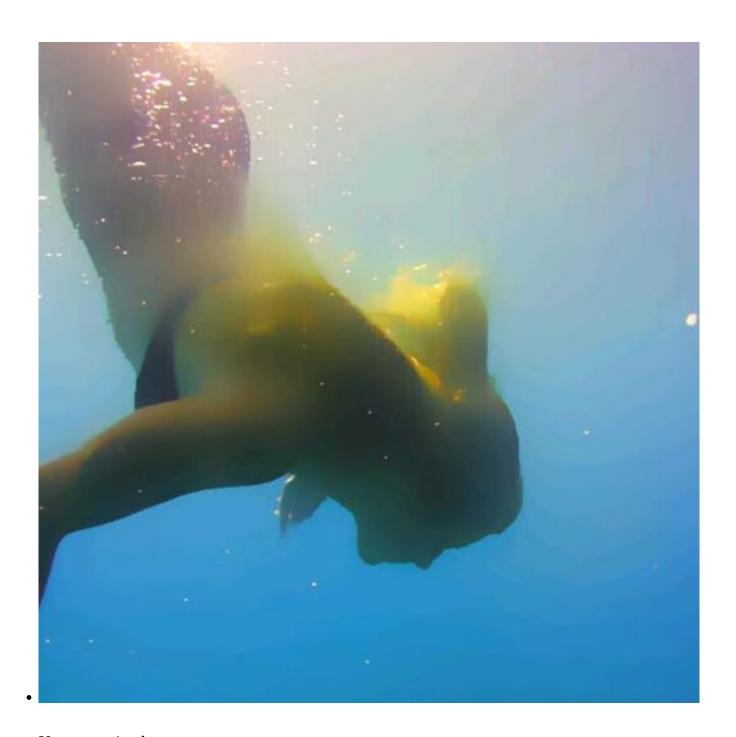
For any information, please contact us via email at: info@aquawareness.net

• Uncategorized

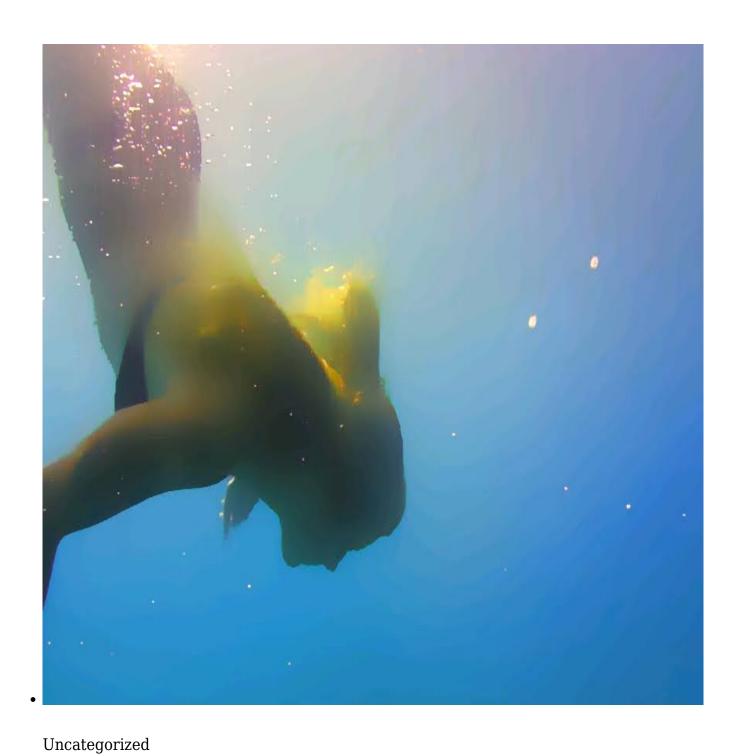
Performance vs Experience in Aquawareness

In Aquawareness, the comparison between performance and experience reveals a shift in focus from measurable outcomes to holistic engagement: Performance[...]



Defining Aquawareness

A Practice Combining Mindfulness and Aquatic Activities:



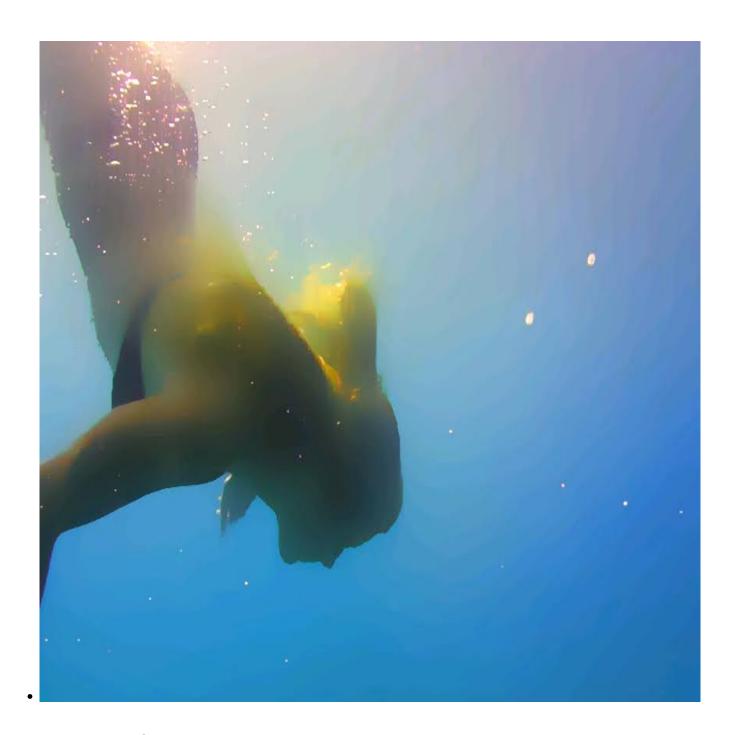
Aquawareness on Academia.edu: An Analysis of Academic Sources

Aquawareness on Academia.edu: An Analysis of Academic Sources The concept of Aquawareness, an innovative...

• Uncategorized

Aquawareness "Genius Loci": water and its benefits for the body and mind

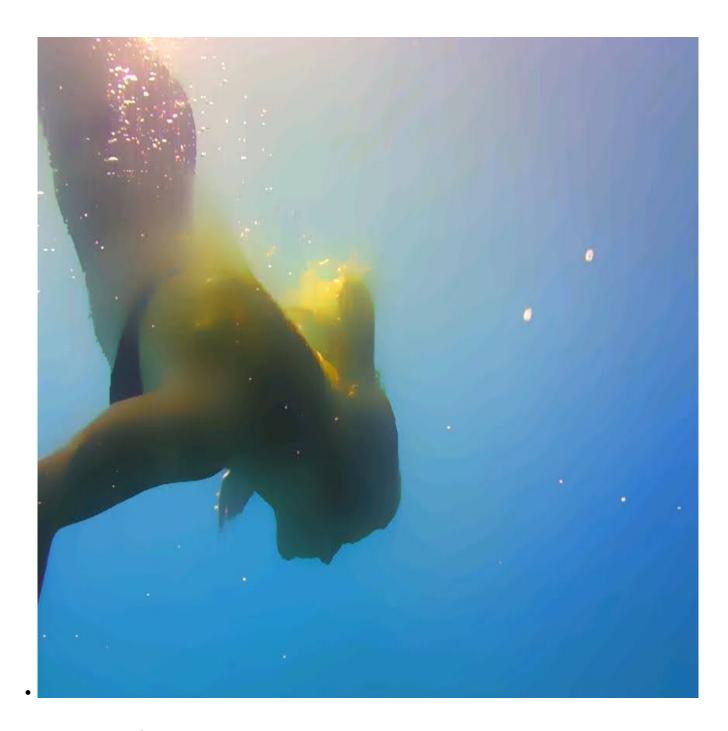
Water and Its Benefits for the Body and Mind Water is matter and matrix,...



How many and which senses can we develop through

the practice of Aquawareness?

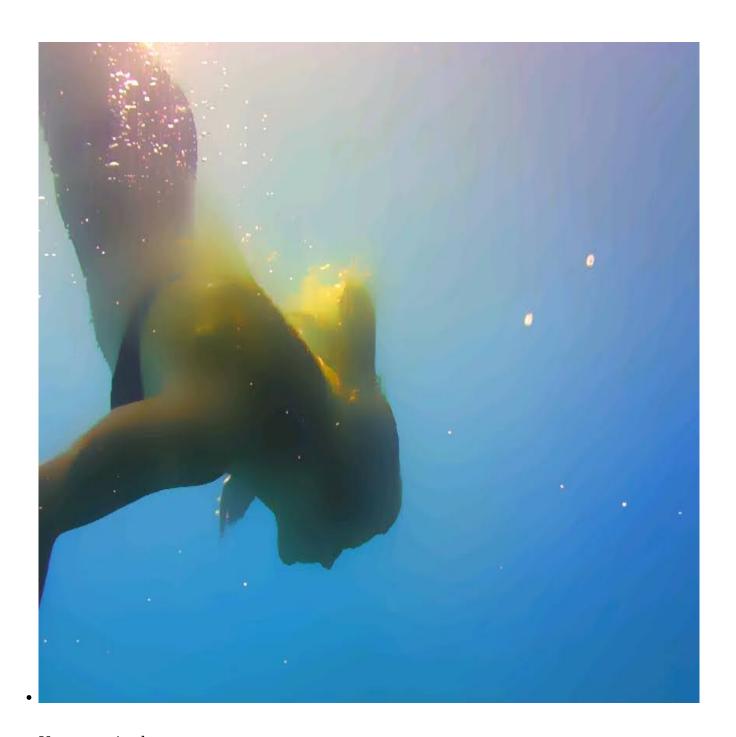
Simple answer: everyone! The problem, however, lies elsewhere, upstream... How many senses does a...



In what ways is aquawareness preferable to other

holistic practices

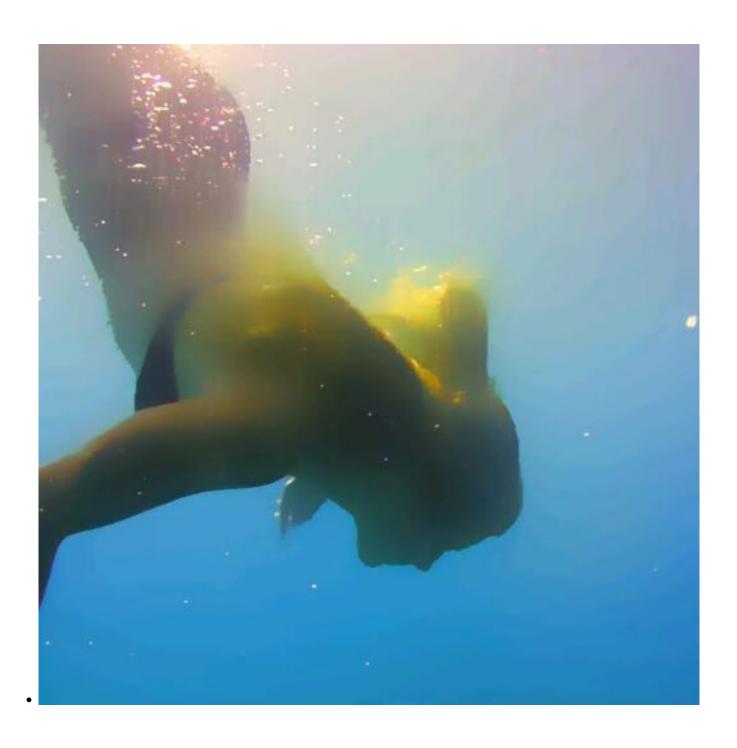
Aquawareness stands out from other holistic practices due to its unique features that highlight...



Aquawareness vs Aqua Yoga

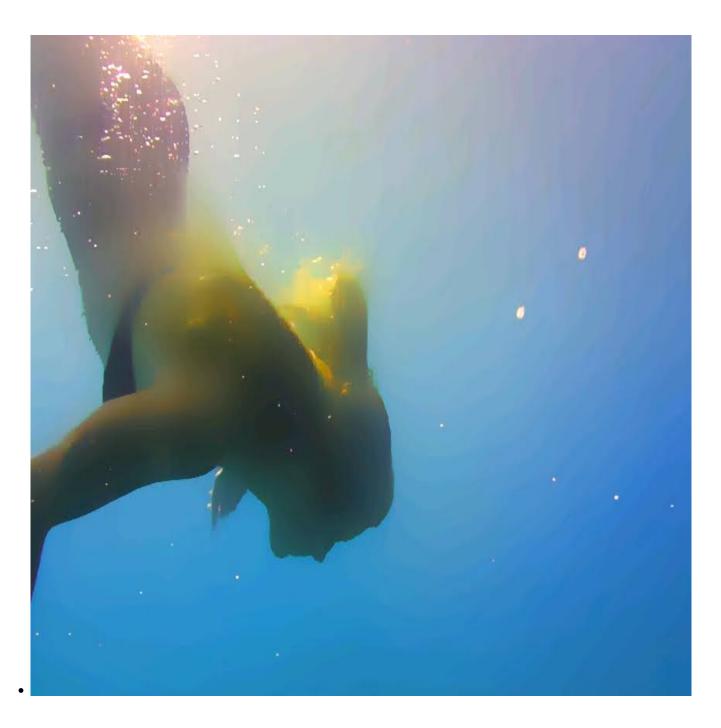
Aqua yoga and aquawareness are interconnected practices that harness the unique

qualities of water...



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... $\,$

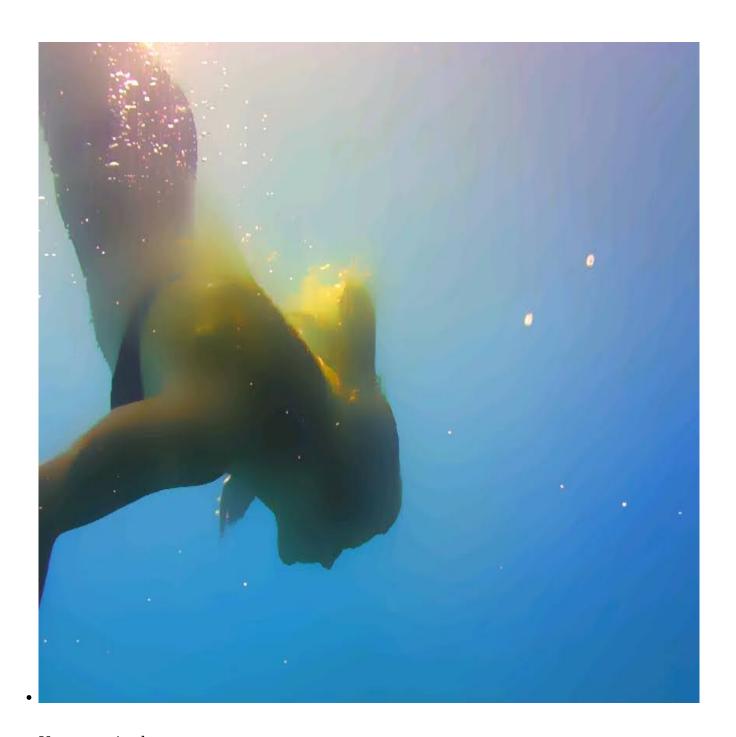


Drops

Drop #1 - Simonides of Ceos (556 - 468 BC): "The

breeze will come to tattoo the sea"

"The breeze will come to tattoo the sea" – Έλεύσεται αὕρα θάλασσαν χαράξαι Simonides...



Aquawareness goals

Primary goals Aquawareness strives to improve water safety and swimming proficiency,

while also nurturing...



Aquawareness in brief: benefits, goals, mission.

Main Mission Giancarlo De Leo created the concept of Aquawareness, combining basic swimming and...

1 2

Categorie del Blog

- Drops
- Uncategorized

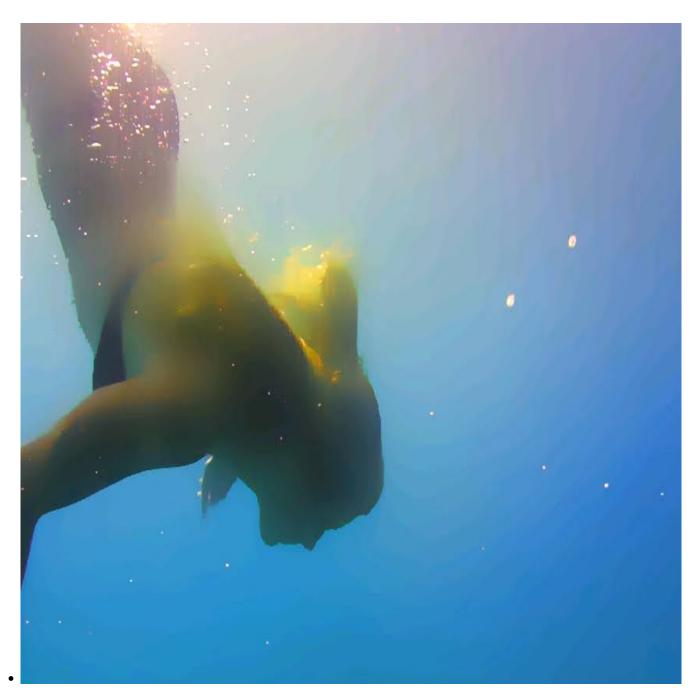
In primo piano



Performance vs Experience in Aquawareness



Defining Aquawareness



Aquawareness on Academia.edu: An Analysis of Academic Sources

Instagram



