

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

- Drops

Drop #1 - Lao Tzu (Laozi), Tao Te Ching (Dao De Jing)

“La Virtù, simile all’acqua, prendendo senza lottare la forma di ogni cosa, ad ogni cosa è adeguata” “Virtue, like water,[...]”



Uncategorized

Aquawareness goals

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

while also nurturing...



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Uncategorized

Aquawareness in brief: benefits, goals, mission.

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



Uncategorized

Aquawareness: a philosophical approach to survival

Aquawareness, is a philosophical approach that integrates water with mindfulness to

enhance physical and...

- Uncategorized

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...

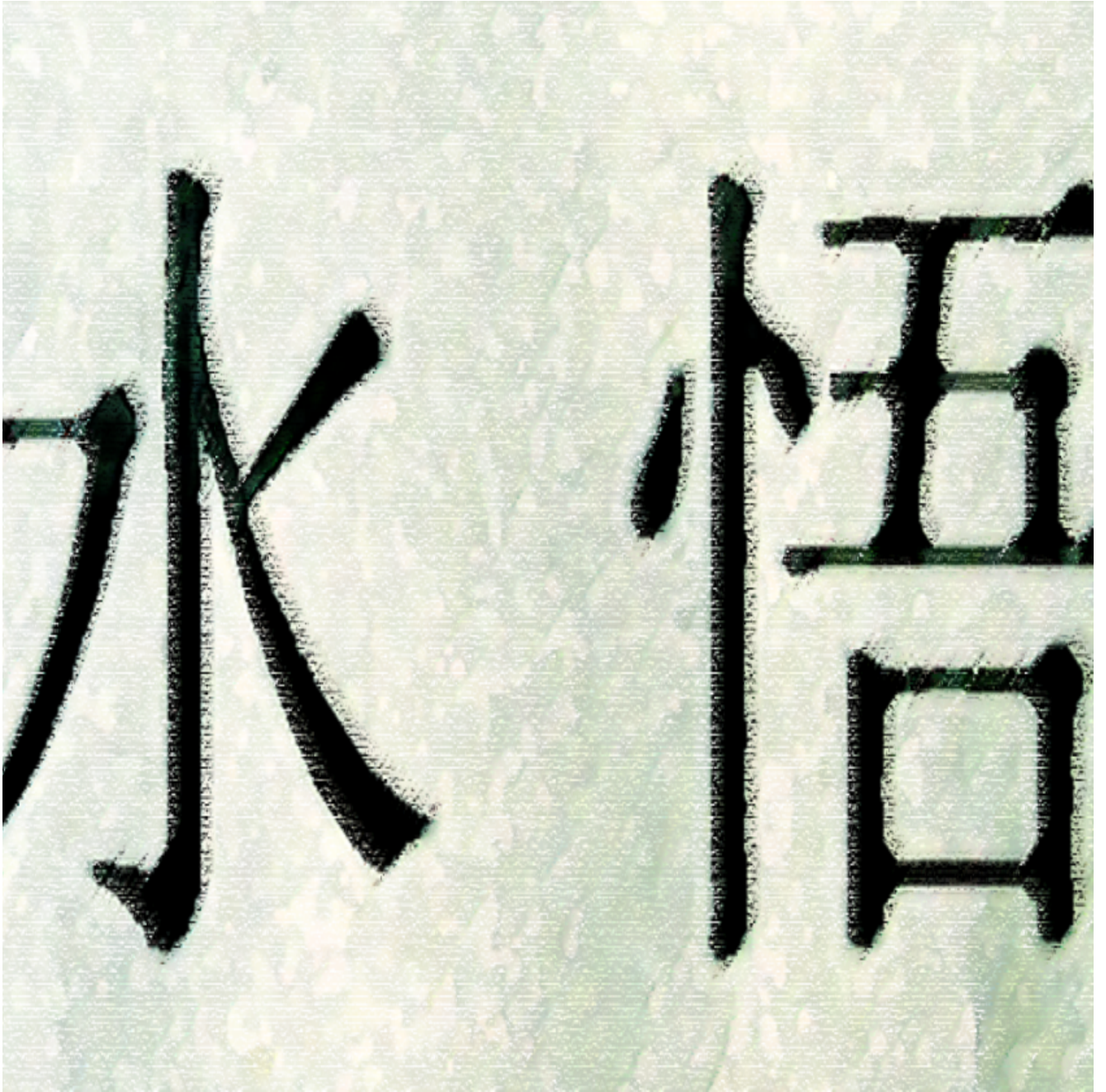


Uncategorized

Interview with Giancarlo De Leo: origins and history

of the concept of Aquawareness (part I)

Q. How and where did it begin? A. As a child, I spent endless...



Drops

Drop #2 - Chuang Tzu

Confucius was looking at the cataract near the gorge of Lü, which fell a...



• Uncategorized

Comparisons: theories and other practices

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

- Uncategorized

Aquawareness

Using Water to Enhance Awareness: The Ultimate Approach to Mastering Swimming
(Fully enriched multimedia...)

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Categorie del Blog

- Drops
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In primo piano



• **Drop #1 - Lao Tzu (Laozi), Tao Te Ching (Dao De Jing)**



- **Aquawareness goals**



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Aquawareness in brief: benefits, goals, mission.

Instagram











