

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



•

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...



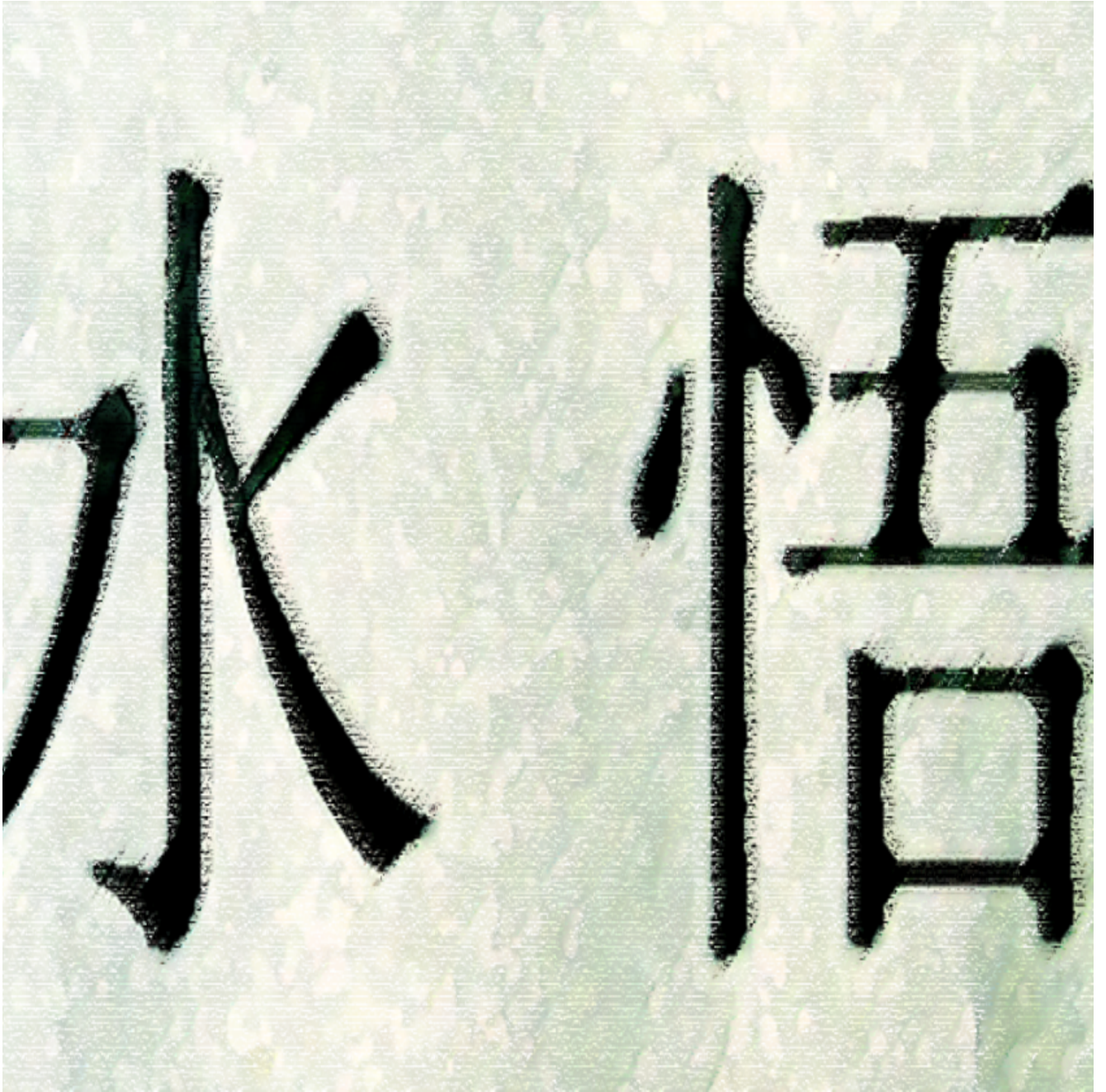
Uncategorized

## **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...)

1 2

→

## **Categorie del Blog**

- Drops
- Uncategorized

## **In primo piano**



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



- **Aquawareness goals**



•

**Aquawareness in brief: benefits, goals, mission.**

**Instagram**













