

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

- Uncategorized

## **Defining Aquawareness**

A Practice Combining Mindfulness and Aquatic Activities:



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## **Aquawareness: a philosophical approach to survival**

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

enhance physical and...

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## **How aquawareness reduces and mitigates bias**

Aquawareness reduces and mitigates bias by immersing yourself in an environment that stimulates body...

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## **What are the benefits of deconstructing swimming techniques in Aquawareness**

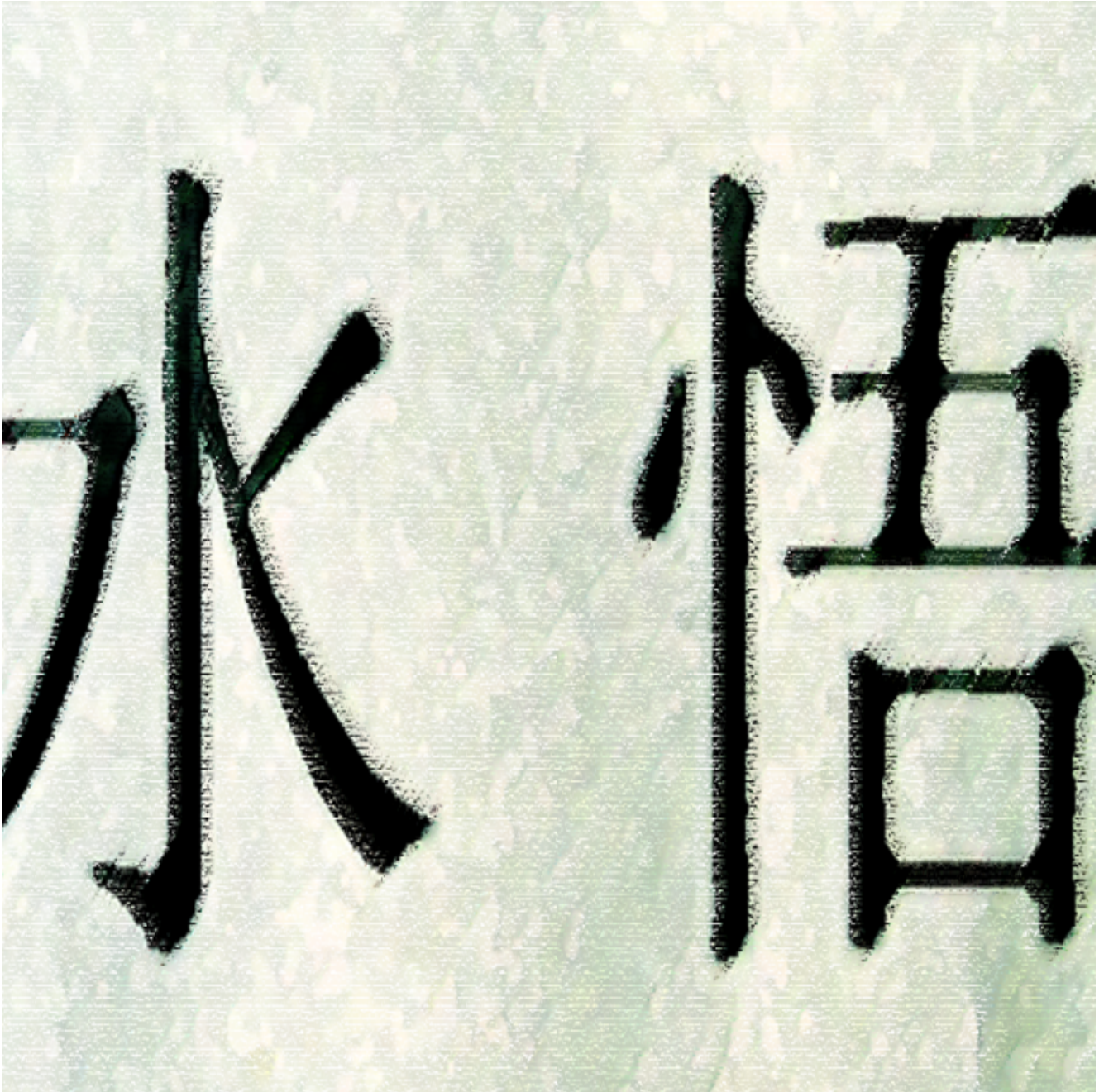
Deconstructing techniques in Aquawareness provides numerous benefits: Enhanced Sensory Awareness: Letting go of complex...

- 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...



Drops

## Drop #2 - Chuang Tzu

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



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## **Comparisons: theories and other practices**

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

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### **Aquawareness**

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





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## **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...

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### **Categorie del Blog**

- Drops
- Uncategorized

### **In primo piano**



• **Performance vs Experience in Aquawareness**



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## **Defining Aquawareness**



• **Aquawareness on Academia.edu: An Analysis of Academic Sources**

**Instagram**



















