

Aquawareness combines swimming with mindfulness to enhance self-awareness and mental clarity. It emphasizes the importance of being fully present in the water, turning swimming into a meditative and self-discovery practice.

This concept is based on the idea that water, as a primordial element, helps individuals reconnect with fundamental sensations and experiences. By focusing on the sensations of buoyancy and water resistance, swimmers can attain a state of mindfulness akin to traditional meditation.

Aquawareness promotes mindfulness in swimmers, focusing on their movements, breathing, and body interaction with the water.

This practice fosters a deeper understanding of oneself and one's physical and mental states, promoting relaxation and alleviating stress.

Simultaneously, practicing aquawareness enables the exploration and comprehension of one's aquatic environment, fostering and sustaining a deepening connection between external and internal awareness.

This interaction is the main pathway to becoming increasingly adept in the liquid element, progressively activating the essential skills and motor abilities needed to transform an individual from a land-dweller to a proficient swimmer, achieving safety and freedom in the water...safety first!

"Primum vivere, deinde philosophari", said the ancient Romans.

*Giancarlo De Leo*