

Aquawareness: a holistic discipline



Aquawareness is a holistic discipline founded by Giancarlo De Leo, integrating mindfulness with aquatic activities to enhance self-awareness and well-being. It emphasizes connecting individuals with their physical and mental states while engaging with water, promoting relaxation and personal growth beyond traditional swimming techniques[1][2]. Through this practice, participants rediscover their relationship with

water, fostering a deeper understanding of their own bodies and the environment[4].

Citazioni:

[1] aquawareness: Home <https://www.aquawareness.net>

[2] Aquawareness: history of a discipline – Fuori
<https://www.fuorimag.it/aquawareness-history-of-a-discipline/>

[4] Aquawareness targets – Fuori
<https://www.fuorimag.it/aquawareness-targets/>

[5] Fuori on X: “<https://t.co/ldJjkH2n9T>” / X
https://twitter.com/Fuori_magazine/status/1868538743776497684

[6] Fuori on X: “<https://t.co/Vxrr09CzDz>” / X
https://x.com/Fuori_magazine/status/1868536775293157663