

Aquawareness approach and traditional meditation practices

How does Giancarlo De Leo's approach to aquawareness differ from traditional meditation practices

Giancarlo De Leo's approach to **Aquawareness** differs from traditional meditation practices by integrating physical movement in water with mindfulness. While conventional meditation often emphasizes stillness and introspection, Aquawareness encourages practitioners to engage actively with their aquatic environment, transforming swimming into a meditative experience. This method focuses on the sensations of water, promoting a dual awareness of both the self and the surrounding elements, enhancing self-awareness and mental clarity through movement rather than stillness[1][2][3].

Citazioni:

[1] [PDF] Articles by Giancarlo De Leo – aquawareness
<https://www.aquawareness.net/bibliography/?pdf=11>

[2] Aquawareness: bibliografia ragionata – Fuori
<https://www.fuorimag.it/aquawareness-bibliografia-ragionata/?print=print>

[3] Aquawareness <https://www.aquawareness.net/aquawareness/>