

Aquawareness concept



Aquawareness is a fascinating concept that combines water, mindfulness, and swimming. Let's dive in (pun intended)!

1. **Mindful Presence**: Imagine being fully present in the water—sensations amplified, movements deliberate. Aquawareness encourages swimmers to embrace this mindfulness. It's not just about swimming laps mechanically; it's about feeling the water against your skin, noticing the rhythm of your strokes, and being attuned to the aquatic environment.

□2. ****Breath Awareness****: Ah, the breath—the bridge between land and water! Aquawareness emphasizes using breathing techniques to enhance relaxation and rhythm. Picture yourself gliding through the water, syncing your breath with each stroke. Inhale, exhale, and find your aquatic flow. It's like a mindful dance with the water, where you become one with the liquid universe. □If you're curious to explore further, Giancarlo De Leo has delved into this topic extensively. His writings on Aquawareness are like poetic love letters to H₂O. □Remember, whether you're doing laps in a pool, floating in the sea, or even just splashing in a puddle, there's magic in water. It's our primal connection—a reminder of where we all began. □

(1) Aquawareness – aquawareness.
<https://www.aquawareness.net/aquawareness/>.

(2) Aquawareness – Fuori.
<https://www.fuorimag.it/aquawareness/>.

(3) Aquawareness main principles – Fuori.
<https://www.fuorimag.it/aquawareness-main-principles/>.