

Aquawareness concept

Aquawareness! This concept revolves

around **enhancing awareness through water experiences**[43dcd9a7-70db-4a1f-b0ae-981daa162054](#). It's about reconnecting with our primal sensations and perceptions, much like the feeling of being immersed in amniotic fluid before birth[43dcd9a7-70db-4a1f-b0ae-981daa162054](#). The idea is to use water as a medium to explore and rediscover our physical and sensory boundaries, promoting a deeper connection with our bodies and the world around us[43dcd9a7-70db-4a1f-b0ae-981daa162054](#).