

# Aquawareness core principles



Aquawareness, as developed by Giancarlo De Leo, centers on three core principles that redefine aquatic practice as a form of mindful embodiment:

## **1. Embodied Mindfulness Through Hydrodynamic Feedback**

Water's unique properties create an environment for heightened bodily awareness:

- Uses buoyancy and resistance as “liquid mirrors” reflecting movement patterns
- Focuses on micro-adjustments rather than technical perfection
- Practices like the *egg position* eliminate voluntary motion to observe water’s passive effects

## **2. Primordial Sensory Reconnection**

Emphasizes water as humanity’s biological and psychological origin point:

- Draws parallels between amniotic fluid immersion and aquatic experiences
- Encourages rediscovery of pre-verbal sensory memories through:
  - Tactile boundary perception
  - Pressure differential awareness
  - Thermal sensitivity exercises

## **3. Dynamic Breath-Consciousness Integration**

Transforms respiration into a biofeedback mechanism:

- Water’s immediate lung volume feedback sharpens breath awareness
- Synchronizes inhalation/exhalation with:
  - Buoyancy shifts
  - Movement initiation/cessation
  - Emotional state modulation

These principles operationalize water’s physical properties (density, viscosity, thermal conductivity) as tools for psychophysical exploration. Unlike conventional swimming

pedagogy focused on propulsion efficiency, Aquawareness prioritizes the *quality* of water-body interaction over quantitative performance metrics.

Giancarlo De Leo

---

www.fuorimag.it

[Aquawareness core principles – Fuori](#)

06/02/2025