Aquawareness in few words

Aquawareness, developed by Giancarlo De Leo, integrates swimming with mindfulness to enhance physical and mental well-being. This approach emphasizes the importance of connecting with water through techniques like breathing, fluid movements, and floating meditation, fostering a deeper awareness of both oneself and the aquatic environment[2][4]. It critiques traditional swimming training's focus on technique and equipment, advocating instead for a natural exploration of one's aquatic abilities[4][6].

Citazioni:

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

[2] Aquawareness in sintesi — Fuori https://www.fuorimag.it/aquawareness-in-sintesi/

[4] Aquawareness https://www.aquawareness.net/aquawareness/

[6] Aquawareness — Fuori https://www.fuorimag.it/aquawareness/

[7] Aquawareness: il Nuoto come strumento di consapevolezza https://www.ocean4future.org/savetheocean/archives/69927

[8] Aquawareness: la ricerca della consapevolezza nel nuoto https://www.ocean4future.org/savetheocean/archives/69929