

# Aquawareness key principles



The main principles of Aquawareness focus on fostering a mindful relationship with water and enhancing swimming skills. Key principles include:

1. **Mindfulness:** Encouraging swimmers to be fully present, focusing on sensations, balance and movements in the water.
2. **Breath Awareness:** Utilizing breathing techniques to observe water reactions, and searching new balances,

enhancing the swimming experience.

3. **Body Awareness:** Developing consciousness of body perceptions in static positions and dynamic movements to improve technique and prevent injuries.
4. **Emotional Connection:** Fostering a deeper emotional relationship with water, viewing it as a nurturing element.
5. **Holistic Approach:** Integrating mental, physical, and emotional aspects for overall well-being while swimming.

These principles aim to transform swimming into a meditative and enriching experience.