

How aquawareness reduces and mitigates bias



Aquawareness reduces and mitigates bias by immersing yourself in an environment that stimulates body and mental awareness.

In water, gravity is counterbalanced by Archimedes' thrust, improving proprioception and fine motor control, allowing you to observe the body without preconceptions or expectations of performance[1][3].

In addition, body-water interaction encourages a more objective perception of oneself, reducing predefined mental patterns and promoting greater open-mindedness and self-awareness[1].

Citazioni:

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