

Aquawareness targets

Aquawareness is a holistic practice that combines swimming with meditative techniques to enhance water survival skills and promote well-being. Unlike traditional competitive sports, aquawareness focuses on improving safety and confidence in aquatic environments rather than competition or intense physical training[1]. The practice incorporates mindfulness meditation as a tool to navigate various water environments effectively, enhancing internal and external awareness through equilibrium, motor skills, and sensory exploration[1].

The primary objectives of aquawareness include:

- **Enhancing Body/Water Awareness:** Encouraging mindfulness of body movements and interactions with water.
- **Improving Swimming Skills:** Enhancing swimming abilities.
- **Promoting Relaxation:** Using water for stress relief.
- **Rediscovering Sensations:** Recapturing primordial experiences of being in water.
- **Improving Mental Presence:** Turning swimming into a meditative experience.
- **Connecting with Nature:** Fostering a sense of unity with water[1].

Overall, aquawareness aims to empower individuals with water survival skills, promote personal autonomy, and encourage social responsibility and safety[1].

Citations:

[1] <https://www.aquawareness.net/routes-trails-horizons/>