Vipassana e Aquawareness, un veloce confronto



Le pratiche meditative Vipassana e Aquawareness differiscono per contesto, approccio e obiettivi:

- **Vipassana**: È una pratica meditativa buddista tradizionale che si concentra sull'osservazione profonda di mente e corpo per sviluppare consapevolezza e saggezza. Diffusa da maestri come Mahasi Sayadaw e Ajarn Tong Sirimangalo, è insegnata in centri come l'Insight Meditation Society, co-fondata da Joseph Goldstein[5][7].

- **Aquawareness**: Ideata da Giancarlo De Leo, integra mindfulness e nuoto, enfatizzando la consapevolezza corporea e sensoriale in acqua come esperienza olistica per mente e corpo e sopratutto per aumentare la sicurezza acquatica, personale e collettiva [1][4].

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Straight!

Architetture che ci mettono la faccia(ta)

Cliccare sul tempio per una meravigliosa fotogalleria ;-). Naturalmente…in continuo aggiornamento!



Aquawareness in brief: benefits, goals, mission.

Main Mission

Giancarlo De Leo created the concept of **Aquawareness**, combining basic swimming and mindfulness to enhance physical and mental well-being.

The practice is based on the idea that immersion in water, our first vital environment, alters "terrestrial" perceptual parameters, providing an ideal opportunity to enhance concentration, relaxation, and awareness. Specifically, it helps refine proprioceptive abilities, those related to balance and touch.

Aquawareness includes techniques of breathing, floating, gliding, and elementary, slow, and fluid propulsive movements.

It offers apnea experiences with an approach similar to "insight" meditation, transforming every aquatic activity into an experience of deep awareness.

The approach highlights two key awarenesses: **in the water** and **of the water**, nurturing a profound connection between the swimmer and the aquatic surroundings. De Leo critiques the overemphasis on "pre-packaged" techniques that focus solely on performance and associated gear. He advocates for a return to discovering one's innate aquatic skills, which he refers to as "basic swimming," not necessarily intended for competitive or fitness purposes.

Through this rediscovery and the continuous development of "pure" swimming abilities, there is a constant improvement in the interaction with water, in every circumstance and environmental condition, even the most challenging ones.

The fundamental goal of aquawareness practice is precisely this: to maximize safety in water. In critical situations, this skill can make a difference, becoming an essential survival ability, both individually and collectively.

In the water, those who can be self-sufficient and save themselves not only have the ability but also the moral obligation to assist others who are less capable.

It is essential to emphasize: Aquawareness, in addition to the numerous secondary benefits that will be illustrated and that integrate into the holistic, fitness, and wellness context, has the primary mission of constantly improving swimming skills. This objective aims to increase individual and collective survival chances in challenging environmental conditions.

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Additional Benefits

Having defined its purpose and main mission, Aquawareness also presents intriguing aspects and parallels that make it comparable to various holistic disciplines, such as yoga, Vipassana, tai chi, and others.

- •Mind-Body Connection: Like yoga and tai chi, Aquawareness fosters a deep connection between the mind and body. Through specific exercises and water awareness, it aims to achieve an improved overall psychophysical balance in daily life, even outside the aquatic environment.
- Mindful Breathing: Mindful breathing plays an essential role in all practices, including Aquawareness. Its purpose is to soothe the mind, improve concentration, and encourage relaxation through breath. However, Aquawareness offers a distinctive feature compared to other practices: the water's immediate reaction to any alteration, even the smallest, in lung volume. This invaluable "Archimedes" feedback serves as a crucial

partner in enhancing our awareness.

- Body Awareness: Similar to the Feldenkrais method, Aquawareness focuses intensely on body awareness and movement. The water, with its enveloping touch, becomes an ideal tool for enhancing proprioception.
- Thanks to hydrostatic thrust, buoyancy enables the adoption of unusual or difficult movements and postures to maintain on land, providing new opportunities to explore and enhance joint mobility and flexibility.
- Authentic connection with nature: The mentioned disciplines encourage rediscovering a deep bond with nature, integrating one's inner self within it. In Aquawareness, this invitation becomes redundant, as the connection with water, the quintessential natural element, forms the foundation of the discipline; the contact is complete, or rather, literally "immersive".
- Aguawareness.net: https://www.aguawareness.net/

$(1\times5)+(1\times2)+(2\times3)=JJ$

Chi di voi ha un ottimo orecchio e sa spiegarci l'equazione del titolo? Buon ascolto!

tip: tutte queste clip hanno qualcosa in comune…forse il denomin-"autore"? □

Sanremo Ice cubes \square (+ notes), ep. 1

Bello #Bolle, bello, ma che balle!... voto 4.

Quella non era Ibiza, ma la Riviera, che è molto meglio: voto 9,5 ai #theKolors, ci teniamo bassi solo perché fuori stagione;

#RicchiEPoveri: visto il titolo della canzone, cediamo volentieri il commento ai Maestri: no, non quelli sempre seduti...quelli veri, quelli di @taffoofficial ...Voto 11.

"Aquawareness" come pratica olistica si riferisce all'uso dell'acqua come strumento per aumentare la consapevolezza e il benessere globale. Questa pratica combina tecniche di nuoto e meditazione per creare un'esperienza di immersione consapevole e riflessiva43dcd9a7-70db-4a1f-b0ae-981daa162054.

Ecco alcuni aspetti chiave di Aquawareness:

- 1. Connettività con l'acqua: La pratica si concentra sulla creazione di una connessione più profonda con l'acqua attraverso sensazioni corporee e percezioni 43 dcd9a7-70 db-4a1f-b0ae-981 daa162054. Questo può includere tecniche di respirazione, galleggiamento, e movimenti fluidi e lenti 43 dcd9a7-70 db-4a1f-b0ae-981 daa162054.
- 2. Meditazione e consapevolezza: L'Aquawareness utilizza tecniche di meditazione, simili alla meditazione "insight", per trasformare ogni attività acquatica in un'esperienza di profonda

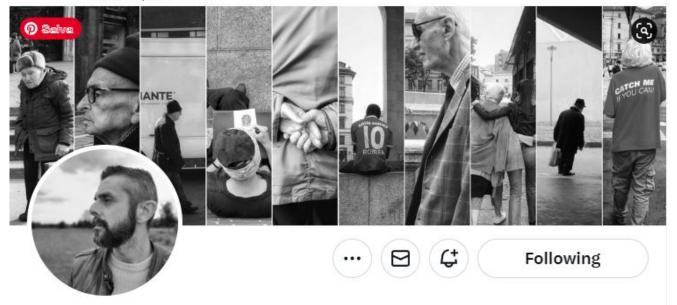
consapevolezza43dcd9a7-70db-4a1f-b0ae-981daa162054. Questo aiuta a migliorare l'equilibrio, la stabilità e la coordinazione, nonché a ridurre lo stress e migliorare il benessere mentale e fisico43dcd9a7-70db-4a1f-b0ae-981daa162054.

- 3. Sicurezza e sopravvivenza: Oltre ai benefici mentali e fisici, l'Aquawareness promuove anche le competenze di sicurezza e sopravvivenza in acqua43dcd9a7-70db-4a1f-b0ae-981daa162054. Migliorare le abilità di nuoto e la consapevolezza dell'ambiente acquatico può aumentare la sicurezza personale e la capacità di aiutare gli altri in situazioni di emergenza43dcd9a7-70db-4a1f-b0ae-981daa162054.
- 4. Esplorazione delle sensazioni soggettive: La pratica incoraggia l'esplorazione e il dominio delle sensazioni soggettive, portando a risultati oggettivi come miglioramenti nelle tecniche di respirazione sottomarina e nella gestione dell'energia durante l'immersione43dcd9a7-70db-4a1f-b0ae-981daa162054.

In sintesi, l'Aquawareness è una pratica olistica che combina elementi di nuoto, meditazione e consapevolezza per migliorare il benessere generale e la sicurezza in acqua 43 dcd9 a 7 - 70 db - 4 a 1 f - b 0 a e - 98 1 da a 1 6 2 0 5 4 .

Uomo con barba, e fotocamera





Matteo Pioltelli

@uomoconbarba Ti segue

Dice che ha la barba, cammina e fotografa. Sulle prime due affermazioni non possiamo mettere la mano sul fuoco (..nel frattempo sarà andato dal barbiere? Prenderà talvolta anche il tram?), ma ci basta (e avanza...) la terza, per aprire una finestra qui...a voi!

<u>Tweets by uomoconbarba</u>

<u>Matteo Pioltelli - Fotografo di strada - Smartphone</u>

<u>Photography</u>

Who are the most influential figures in the history of

aquawareness

Who are the most influential figures in the history of aquawareness

The search results did not provide specific information on influential figures in aquawareness. However, key contributors to the field include **Giancarlo De Leo** and **Domenico Maiello**, who have significantly shaped aquatic education and awareness. Their work emphasizes understanding water safety and swimming skills, promoting a holistic approach that integrates physical and mental well-being in aquatic environments. This focus has influenced educators and practitioners in the realm of aquawareness.

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Aquawareness: a holistic discipline



Aquawareness is a holistic discipline founded by Giancarlo De Leo, integrating mindfulness with aquatic activities to enhance self-awareness and well-being. It emphasizes connecting individuals with their physical and mental states while engaging with water, promoting relaxation and personal growth beyond traditional swimming techniques[1][2]. Through this practice, participants rediscover their relationship with

water, fostering a deeper understanding of their own bodies and the environment[4].

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Elon Musk: Visionario e Innovatore — L'impatto della sua Leadership sul Futuro.

Elon Musk emerge come leader audace e visionario, sfidando norme attraverso progetti ambiziosi . La sua dedizione, responsabilità sociale e generosità lasciano un'impronta duratura.