

# How does Aquawareness promote personalized and intuitive learning



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Aquawareness promotes personalized and intuitive learning by encouraging individuals to explore their unique relationship with water through self-guided discovery rather than rigid

techniques.

It emphasizes personal adaptation, allowing participants to understand what works best for their body's natural buoyancy and dynamics.

The practice incorporates phases of receptive observation, where individuals focus on sensations in water, followed by active experimentation based on those experiences.

This approach fosters confidence, creativity, and deeper engagement, enabling learners to refine movements intuitively and develop skills aligned with their personal needs and abilities[1].

[1] [PDF] Aquawareness | Fuori  
<https://www.fuorimag.it/category/aquawareness/?print=pdf-search>