

What are the benefits of deconstructing swimming techniques in Aquawareness



Deconstructing techniques in Aquawareness provides numerous benefits:

1. ****Enhanced Sensory Awareness****: By forgetting complex motor skills, individuals can focus on feeling the water and their bodies, fostering a deeper sensory connection; by focusing on

the body's natural interactions with water, individuals develop a deeper understanding of their movements and sensations.[1].

2. **Increased Trust and Confidence**: It encourages trust in the body's natural buoyancy and interaction with water, enhancing confidence without relying on artificial aids. This approach fosters trust in water, allowing for more relaxed and confident movement, which is crucial for effective swimming..[1].

3 **Pure Observation**: This approach allows for objective observation of how the body and water interact, free from performance expectations or biases[1].

4. **Improved Technique**: Breaking down complex skills helps individuals refine their movements, leading to more efficient swimming without reliance on rigid techniques.[1].

5. **Personalized and Intuitive Learning**: It promotes learning through personal exploration, adaptation and understanding, rather than mechanical repetition, allowing participants to discover what works best for their unique body statics and dynamics in water[1].

[1] Aquawareness <https://www.aquawareness.net/aquawareness/>