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Swim to Live

Mindfulness and swimming

for non-normative population
An ongoing Erasmus+ sport project
2021-2022

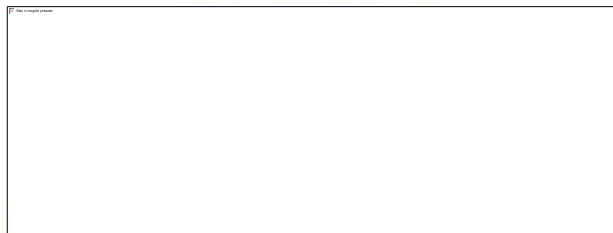


THE PROJECT:

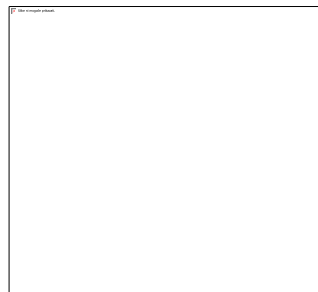
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CONSORTIUM:



ACS Kory Francisc



SFERA
ITALY



ASporty
ERASMUS+ SPORT

ŠD Riba



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Founded in 2002

Competitive swimming since 2005

Applying for EU projects in 2016



We believe that swimming is a sport for body and head. And because swimming is an injury-free sport, we know we will enjoy it all our lives.



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With equal care we deal with competitive as well as recreational programs and para-swimming.

We organize training for children, adults, competitive swimming, para-swimming and summer training.

400 members, of which 100 are competitors. There are 4 regular coaches, in addition to the head of programs and the head of animation programs, with whom we work on projects and me.

Double national champions in junior category for 2022!



Swim to Live projet groups:

- previously non active adults, non-swimmers (2016)
- seniors 55+ (2018)
- underprivileged youngsters (2017)
- disabled (2021-22): visually impaired, mental health issues, cerebral palsy





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Goals of the project

- connecting swimming and mindfulness
- international meetings, sharing and developing the ideas
- developing a mindfulness training program for different target groups



Main activities

The practical part has 3 components:

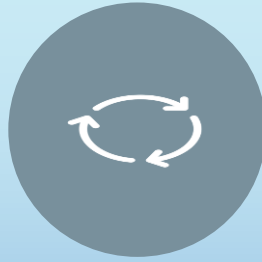
- EXERCISE: 6 months, 2x a week swimming practice and 1x per week mindfulness
- INTERNATIONAL MEETINGS: exchange of experiences, getting to know each other, acquiring knowledge, broadening horizons, meeting participants
- ONLINE - portal, meetings, webinars, performing license tasks, shooting videos, publishing photos, recording stories and interesting adventures, appearing on social networks

<https://www.facebook.com/SwimToLive.org/>

<https://swimtolive.org/>



TRAINING ATTENTION TO ACHIEVE A MENTAL STATE OF CALM CONCENTRATION AND POSITIVE EMOTIONS.



IT HAS TWO MAIN PARTS: ATTENTION AND ACCEPTANCE.



PAYING ATTENTION IN A PARTICULAR WAY: ON PURPOSE, IN THE PRESENT MOMENT, AND NONJUDGMENTALLY

WHAT IS MINDFULNESS



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How to describe MINDFULNESS

- When thoughts, feelings or sensations come up in your mind, you don't ignore or suppress them, do not analyze or judge their content. You simply **note any thoughts as they occur** as best you can and **observe** them intentionally, but non-judgmentally, moment by moment, as the events in the field of your awareness .
- If your mind wanders just **note “wandering” or “thinking”** and bring your mind back to generally aware of the here and now.





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- Techniques are learned through a mixture of **guided instruction** and **personal practice**.
 - **formal**: a person withdraws from other activities to engage in the practice (sitting or moving meditations, such as attending to breath, body sensations, walking, yoga stretches),
 - **informal**, can be undertaken in every-day life and activities (mindful eating, cleaning, reading, self-monitoring, or mini-meditation, such as a three minute breathing space).



MINDFUL BREATHING

Instructions:

- lie down, put your palms on your abdomen and observe what happens when you breath in and when you breath out. You may feel hands go down and up with breathing.
- Imagine a sailboat that rises and falls as you breathe; with each inhale and exhale, the boat moves gently on top of the water. When you breath out it moves down.
- Focus on the experience of the breath moving through the nostrils.
- Try to imagine you used to be a fish, and pay attention to how it would feel to breathe through your lungs for the first time.



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OTHER EXERCISES

- Blowing bubbles in the pool: focus on taking in a deep, slow breath, and exhaling steadily to fill the bubble. Pay close attention to the bubbles as they form, detach and pop or float away.
- Playing with balloons: keep the balloon off the ground, but move slowly and gently. You can pretend that the balloon is very fragile.
- How legs feel in water – how we adapt to temperature, how is it when we move in the water
- Know the pool – what is around, smell, sounds,
- Discover the feeling of jumping in a water or the feeling of putting head under water, floating, gliding ...





FURTHER ON...

- homework for instructors:
 - practice every day 30 minutes sitting meditation, 5 minutes mindfulness on everyday activity (brushing teeth, combing, washing), 5 minutes whichever other mindful exercise (stretching, body scan, writing thoughts...)
 - write down observations of sitting meditation (how long before mind wandering, how quickly you go back to breathing)
 - make your own mindfulness exercise



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Swim
TO LIVE



THANK YOU FOR YOUR ATTENTION!

