
Le sport durable par le sport cosmique : un éveil du corps vivant

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Résumé

Cosmic sport is a native and ecological conception of body-mind practice (Andrieu, Parry, Porrovecchio, Sirost, 2018) : the accomplishment is no longer to be competent but to communicate with the natural elements (Sirost, Andrieu, Costa Dobral, Nobrega, 2024), , with others in the community through experiences of immersion in nature with the planetary challenge of cosmic ecology (Hogdson, 2023). Unlike outdoor sports and awakening practices, cosmic sports connect practitioners with places, forms and materials through symbolic beliefs and degrees of ecological awareness.

Cosmic sports are based on three types of body ecology experiences:

-on the one hand, the impact of immersion in the practice awakens in the body a correspondence between the internal experience and the practice environment (Mc Cullough, 2023);

- on the other hand, the ecological resonance in the body during the practice of cosmic sports brings out a new understanding of the symbiosis between man and the world (Messari, 2017);

- finally, an ethical responsibility for a more sustainable sport is engaged by a decolonization (Swadener, Kagendo, 2008) of the domination of spaces and adversaries (Forsyth, O'Bonsawin, Field, Phillips, 2023)

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