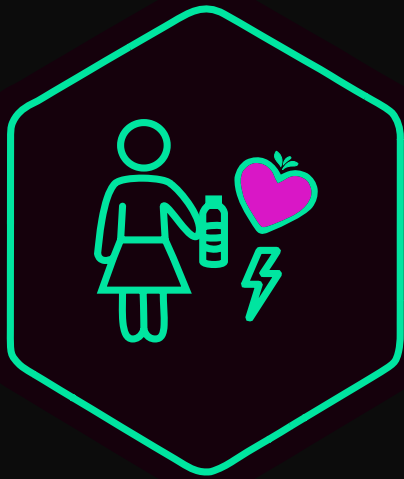


THIS IS WHO WE ARE.

MANTRA 01 · THE BASE

Take care of yourself

« Your vibe shapes the night. »



Join us
to create this safe space

THE 4 KEY ACTIONS

- Stay hydrated regularly
- Know your limits
- Take a break when needed
- Stay lucid and present

HOW TO APPLY IT

Drink water, rest, breathe. Listen to your body — not just your desire to party.

WHY IT MATTERS

Your energy shapes the collective vibe. When you're good, the night is good for everyone.

WHEN TO APPLY IT

All night long — before you arrive, on the dancefloor, and when you leave.

WHAT THIS CONCRETELY IMPLIES

- Being attentive to your body's needs: drinking, breathing, slowing down, resting
- Respecting your limits rather than blindly pushing past them
- Maintaining enough clarity to stay respectful and grounded
- Owning the impact of your choices
- Cultivating a conscious relationship with your energy and inner state

LEGAL FRAMEWORK

Organizers have a legal duty of care toward participants (Civil Code of Québec, art. 1457). Each participant is responsible for their own actions.

1D-PG



S.O.U.L. Montréal
Spirit Of Underground Living

soulmontreal.com/en/mantra-01-take-care-of-yourself

