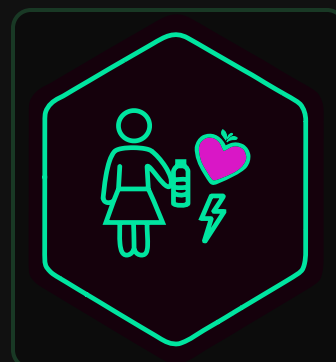


THIS IS WHO WE ARE.

MANTRA 01 • FOUNDATION

Take Care of Yourself

« Taking care of yourself is not selfish: it's the foundation of a healthy, sustainable collective experience. »



Living better together at night.

**That's how
we do it here.**

THE 4 KEY ACTIONS

- Drink water, rest, breathe
- Know your limits before crossing them
- Step out when your body needs it
- Ask for help when something feels off

HOW TO APPLY IT

Drink water before you're thirsty. Take a break when your body needs one. Tell someone you trust if you feel overwhelmed.

WHY APPLY IT

Your well-being feeds the collective. Every grounded person becomes an anchor for those around them. You are part of the room.

WHEN TO APPLY IT

Before stepping onto the floor. Mid-night, when something slips. When someone near you seems lost or overwhelmed.

WHAT THIS MEANS IN PRACTICE

- Be attentive to your body's needs: drink, breathe, slow down
- Maintain enough clarity to stay respectful and stable
- Respect your limits rather than blindly pushing past them
- Own the impact of your choices on the collective space

⚖️ LEGAL FRAMEWORK

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

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