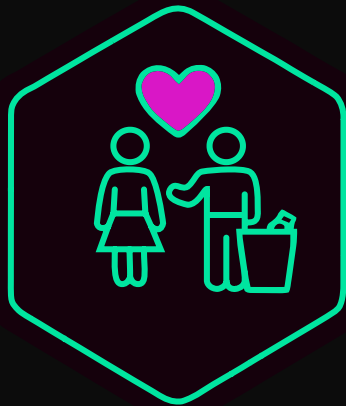


THIS IS WHO WE ARE.

MANTRA 03 · THE BASE

Be kind, bring light

« Kindness is not a weakness: it's a conscious choice that stabilizes the collective space. »



Join us
to create this safe space

THE 4 KEY ACTIONS

- Show up with a conscious intention
- Radiate without overwhelming
- Speak with respect, without judging
- Welcome differences

HOW TO APPLY IT

Show up with a conscious and open intention. Offer a kind look, a sincere smile. Be a source of light, not distraction.

WHY IT MATTERS

The collective energy you create together. When light circulates, the space lifts for everyone. Your presence is an act.

WHEN TO APPLY IT

When you feel a heaviness in the air. When you see someone isolated or closing off. Before stepping onto the floor.

WHAT THIS CONCRETELY IMPLIES

- Show up with a conscious and open intention
- Speak with respect, avoid judgment and humiliation
- Foster a human, open and safe climate

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.

3D-PG



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

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