

## THIS IS WHO WE ARE.

### MANTRA 03 · FOUNDATION

# Kindness

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



Living better together at night.

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

### 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 APPLY IT

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 MEANS IN PRACTICE

- Show up with a conscious and open intention
- Foster a human, open and safe climate
- Speak with respect, avoid judgement and humiliation
- Recognize and value each person's differences

#### ⚖️ 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.

