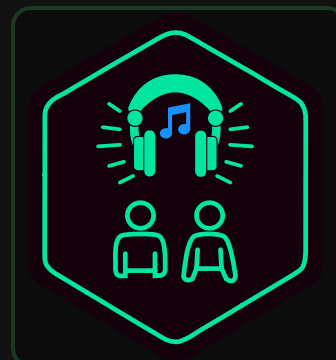


THIS IS WHO WE ARE.

MANTRA 05 · THE NORM

Music first

« Music is the heart of the collective ritual. It structures energy and connects bodies. »



Living better together at night.

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

THE 4 KEY ACTIONS

- Listen to the music, really
- Respect peak moments and silences
- Avoid excessive conversations
- Let the beat guide you

HOW TO APPLY IT

Close your eyes, let the sound take over. Move with the rhythm — trust the DJ and the moment.

WHY IT MATTERS

The collective intention: everyone is here for the music. A deeper connection with the floor and shared energy.

WHEN TO APPLY IT

When you're in your head rather than in the music. During a build or a silence. When you're resisting the flow.

WHAT THIS MEANS IN PRACTICE

- Really listen to the music, not just use it as background
- Respect the peak moments, silences and builds
- Avoid drowning it out with excessive conversations
- Let the beat guide you rather than trying to control it

⚡ 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.

5D-PT



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

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