EMME

TECHNICAL RIDER
2027 EDITION

STAGE & VENUE 01

# THE RIDER.

*We travel light.*

*Three experiences, always programmed separately. The same light kit carries all three, and each one adapts to your sound system and your space.*

| AT A GLANCE | *A* **Breathwork** Conscious Connected Breathing | *B* **Active Meditation SUCO** Movement, breath and connection | *C* **Live Music** Composed by EMME, played live, with Melissa's voice |
|---|---|---|---|
| DURATION | **120 min** Integration circle included. A 90-minute version keeps the arc with a shorter breathing phase. | **90 min** 60 and 120-minute versions keep the same arc. | **60 · 75 · 90 min** One arc: grounding, a long rise, release, a soft landing. |
| GROUP | **Up to 25** Up to 25 people on our own headphone system. Larger groups on your PA, after a look at the space together. | | **Any stage** On your house system. Best where the room is meant to travel rather than peak. |
| ON SITE | **Two people** Melissa Sapmaz and Emmanuel Desormeaux, guiding together. Two people to accredit and to travel. | | **Two people** EMME live, with Melissa's voice. Two people to accredit and to travel. |
| SET-UP | **90 min before doors** Rig, line check and the floor laid out. 30 minutes to clear. | | **20 min line check** Once the stereo input, the monitor and the microphone are in place. |
| LINE CHECK | **Within the 90 min** Part of the set-up time, before doors. | | **20 min** A line check is all the set needs. |
| POWER & TABLE | **2 × 230V** Two sockets within reach of the music table. One table 120 × 60 cm, about 100 cm high, away from the subs. | | **2 × 230V** Two sockets at the table. One stable table from 120 × 60 cm, about 100 cm high, away from the subs. |
| SOUND | **Headphones** Wireless headphones for everyone, on our system. On your PA: stereo input, one monitor, one wireless microphone for the voice. | **Headphones or PA** Our wireless headphone system, or your PA with even coverage across the floor. Stereo input (2 × XLR) and one monitor. | **House system** Stereo to the desk: 2 × XLR or 2 × jack, DI accepted. One booth monitor on independent level, one wireless microphone for the voice. |
| SPACE | **Lying down** Mats or a surface to lie on, light we can dim. Eye masks for everyone, from us. | **Standing** Sheltered, flat, clear floor, mats or a surface to lie on. Indoors or outdoors. | **A stage** Sunrise, sunset and closing sets, chill and temple spaces, ceremony, private and corporate evenings. |

KIT & FLOOR 02

# WHO BRINGS WHAT.

EMME

*One kit for the three experiences, agreed with you beforehand.*

## WE BRING

01 Our wireless headphone system
For rooms, beaches and rooftops beyond the reach of a PA

02 The music desk, our own interface and cables

03 The full music set
Composed by EMME, played live

04 Eye masks for everyone
For the Breathwork experience

05 Two certified facilitators
Breathwork and Active Meditation SUCO

06 The structure and the timing of the session
Agreed with you beforehand

## THE VENUE PROVIDES

01 A clear, flat floor with room to lie down and to move
Mats or a surface people can lie on

02 One table 120 × 60 cm, about 100 cm high
Away from the subs

03 Two 230V sockets within reach of the table

04 Light we can dim

05 On a PA version: stereo input
2 × XLR or 2 × jack, DI accepted

06 On a PA version: one monitor on independent level
And one wireless microphone for the voice

07 90 minutes before doors, 30 minutes to clear
Breathwork and Active Meditation SUCO

OPEN AIR & HEADPHONES

### Indoors or outdoors.

Beach, rooftop and open-air formats run on the headphone system: up to 25 headsets, the mix adapted to the space.

Up to 25 people on our own headphone system. Larger groups on your PA, after a look at the space together.

LANGUAGES

**English**

**Spanish**

**French**

**Lebanese Arabic**

SAFETY & ACCESSIBILITY

### Open to everyone, first-timers included.

Breathwork is a continuous connected breath, guided step by step, with the intensity dosed to the group. Active Meditation SUCO is guided standing, eyes closed, each person moving for themselves. In both, everyone sets their own pace and chooses how far to go.

Health conditions are shared with us privately beforehand and contraindications are named out loud before we start. We stay in the room for the whole integration circle. Melissa and Emmanuel are both certified breathwork facilitators and certified SUCO facilitators.

BOOKINGS & TECHNICAL QUESTIONS

*emmanuel@emme-journeys.com*

EMME-JOURNEYS.COM

*Melissa Sapmaz & Emmanuel Desormeaux*

TRAVELLING FROM GAVÀ MAR, BARCELONA