





















## ARTISTIC APPROACH



**MIND BODY SOUL** puts audiences right into the action of the electrifying world of international breaking. On the road with Sunny, observational footage capture her high-stakes battles, grueling training sessions, and backstage debates.

The film also offers a close-up look into Sunny's therapy sessions, providing unique access to her personal growth. And in stylized studio shoots, her interior life is portrayed visually.

Voiceover from Sunny's interviews provide context and insight while a Greek chorus of breakers frame this historical moment and add to its urgency.

## CAPTURING THE MOMENT

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Unlike most sports documentaries, **MIND BODY SOUL** puts a spotlight on mental health and the process it takes to manage it.

There is a growing awareness of major athletes struggling with their mental health, from Michael Phelps to Simone Biles to Naomi Osaka.

The film seeks to add to the conversation by portraying the work required to heal, all with the backdrop of a watershed moment in Olympic and breaking history.

