

# *living* sauna,

an essay on saunas, extra-ordinary sauna experiences, and their socio-political potential and impact. *By Franz Hagmann.*

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The theoretical part of  
the project '*living* sauna'  
June, 2025

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*Alchemists made gold out of dirt –  
we make social revolutions out of sweat!*







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An immeasurable thanks goes to Daniël Siegersma. A fellow student, a previous project partner, and a comrade who became a close friend throughout the whole master program. In these four semesters we supported and learned from each other in many ways, and I dare to say that without him and the countless personal and political talks, I would maybe not have been able to finish the studies.

And thanks to so many people contributing a thing or two, whether it be astronomic or mousy! Without your inspiring personal contribution, valuable feedback, or sparkling sweat, our project would not have been fueled by such vibrant, lively energy.



*We see our sauna approach “[...] characteristics as nomadic in where it can physically and virtually wander and nomadic in terms of creating a space where we can wonder about how we learn to learn.”*

*(Khine, 2023, p. 98)*

## PREFACE

Welcome, dear sauna enthusiasts and those who are just becoming one! This bundle of paper is the written companion to the practical side of our sauna project '*living sauna*'. It is both a reflection and echo chamber as well as the source of inspiration. So while we follow our principle of learning and developing through the process of doing, this piece will function as the medium for contemplation.

Take it as an essay, an assemblage, a cabinet of curiosities. It has a rhizomorphic<sup>1</sup> character, there is no clear beginning or end, nor a correct or wrong way to read it – so feel free to navigate your own way through it.

Nevertheless, there is a base structure, that can be taken in consideration. The booklet is broadly divided into three parts:

*Part One contains personal thoughts on saunas in general and a selection of different saunas of importance for our own project.*

–

*Part Two containing the five events we hosted so far withing our project. They are presented through a selection of the accumulated artistic documentation.*

–

*Part three contains all our learnings, condensed and ready to wander as far as they become spread, sparking here and there something new.*

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1    *The rhizome, a concept formulated in the book 'A Thousand Plateaus' (Deleuze and Guattari, 1987)*

## APPROACH

**Aim** Artistic, free-flowing, and emotional approach to the subject of saunas with a focus on alternative projects.

Stimulate innovation, self-initiative, and encourage people to follow the beautiful amateur spirit.

Lay the foundations and create a network for further, concrete offers.

**Methodology** Practice and artistic assemblage

Gathering practical experience in preparation for your own practical implementation and therefore consciously leaving out neutral, theoretical research and considerations.

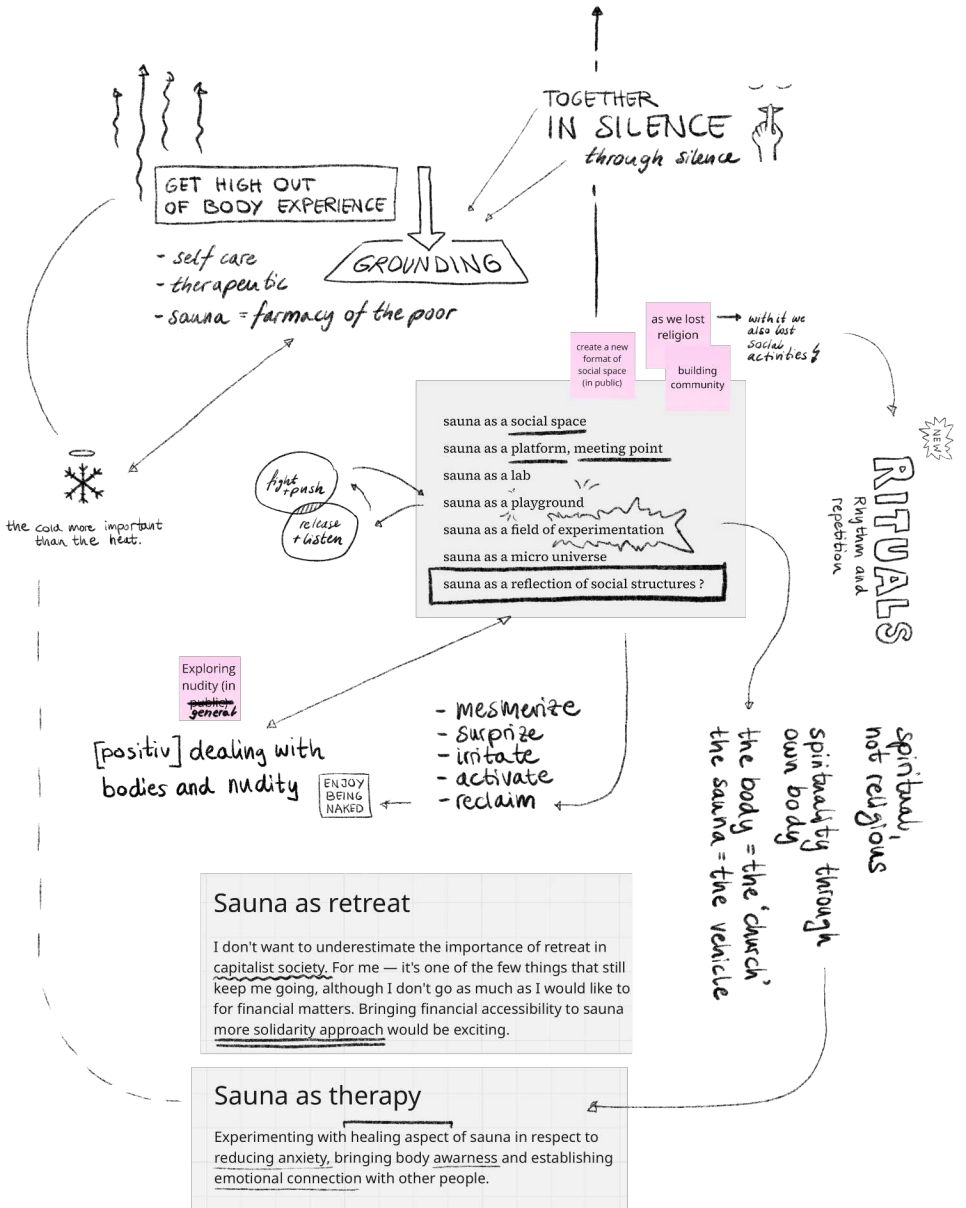
Encourage and embrace subjectivity as part of art, creativity, and innovation. In this way, exploring without being too artistically and expressively restricted by claims to objectivity and universality

**Design** Clear focus on practice. Theoretical approach in the spirit of the project: Fragmental, personal, anecdotal – rhicomorphic.

The written work is only for the means of access for outsiders. The written work is only for the means of access for outsiders. Due to its characteristics, it can never capture the whole picture, especially of sauna experiences with their multi-sensory and -dimensional nature.

Although the project is done by a group, I, Franz Hagmann, am the only one graduating with this project; therefore, this thesis is written only by me. Texts of others are explicitly marked.

"Sauna is a catalyst, a tool, to engage with people, to engage with strangers; Sauna shows a healthy way for interaction, free of drinking or smoking."





Everything has a philosophical<sup>2</sup> level. Therefore, I would like to share some of my personal thoughts. I speak and write a lot about the tremendous potential, sometimes even the revolutionary potential, of our sauna approach. This may inspire and mesmerize one. One other may critically ask, if I let loose of my truly high goal of establishing *socialism in our lifetime* and would rather only focus on my narrow perimeter of influence and limit myself to small community projects?

This is not the case. I do both, and they can work perfectly together; they even have to. An example of a dialectical situation, where there is a relation between the idealistic goal for the future and a practical step for the very moment. One could not go without the other, neither solely preaching the ideal nor limiting ourselves to small steps and letting go of the actual goal. And at the same time, while there is a strong necessity for these two strategies working together, they may even negate each other (the philosopher Hegel used the German term ‘*aufheben*’ (Hegel et al., 2017, p. 150), which explains perfectly this dialectical situation, meaning: negate, preserve, and elevate onto a higher level). Another way to explain this dialectical situation is the metaphorical term ‘*bridge*’ used by the revolutionary Trotsky to describe the link between the present and the future, and by this contrast the position of the reformist, who let go of the *maximum* and reduced their action on the *minimum*, without any connection between them (Trotsky, 1999, p. 10).

Analogically, Shackley states that the synergy of the praxis of Zen Buddhism and the Marxist task of building the revolutionary communist party can work together:

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- 2 *Philosophy, or our personal ‘view on the world.’ Everyone has one, but it is crucial, if we chosen our philosophy consciously, or just absorb the popular doctrine. Then: “Die herrschenden Ideen einer Zeit waren stets nur die Ideen der herrschenden Klasse.” (Marx and Engels, 1848)*

*'While many people meditate and others try to build the Party, more could do both.'* (Shackley, 2001, pp. 174–175) Therefore, let us build saunas for immediate benefits *and* participate in political struggles to create a change in the fundamental structure upon which benefits for the many can grow.

Sauna is so much and at the same time so reduced: you and your body, heat, and maybe some other people. It is a place where we may encounter absolute strangers in a very intimate setting.

Therefore, I would state that almost every sauna experience is by default dealing with the challenging question of providing a 'safer space' while at the same time being welcoming and inclusive to a variety of different people. A dialectical situation of a closed and open space, of intimacy and otherness, of creating comfort and leaving the comfort zone. And with bringing the sauna into the public space, it amplifies this relation even more; hence, the public space became more and more hostile. Under the pressure of commodification and the driving motive for profits, the pace of the public space increasingly accelerated with fewer and fewer options to take pause.<sup>3</sup> It lacks places for conscious encounters with strangers, creating a dangerous trend of atomization and incomprehension of other perspectives and realities. To deal with this fastening speed, we have to protect ourselves and shield us. Noise-canceling headphones, mirrored sunglasses, and layers of clothes became our armaments. Strangers are no longer other human beings but merely obstacles in a complex steeplechase that one has to avoid or squeeze through. This led to a situation where showing our true self and exposing our vulnerable body and

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3 To explore the effect described here in depth, explore the following: *'Simulacra and Simulation'* (Baudrillard, 1994), *'The Fall of Public Man'* (Sennett, 2002), or *'The Global City'* (Sassen, 2001).

mind became rare. Nudity is pushed into the most private space and is often hidden even from our closest fellows. And to the question ‘How are you?’ we answer reflexively ‘Fine’ or ‘Good’ in a speed impossible to think of the answer beforehand. More and more is our inner self even hidden from ourselves. We became incapable of expressing or even discovering inner processes, though we do not learn it, and the current social system has no interest in providing us with the necessary means. Here, our extraordinary – context-responsive, socially active, and politically potent – sauna comes into action, aiming to provide a ‘safer space’ while being at the same time welcoming and inclusive to a variety of different people.

Our sauna is a vehicle to arrive in your body, to slow down, halt, and contemplate. So far nothing special for a sauna, but nevertheless special and rare in the context of our *Burnout Society*,<sup>4</sup> as Han described it in 2010 to the point. But it is more than that.

Our sauna project is a *rhizome* for something beyond the individual and momentary experience. Besides the personal body experience, saunas have a tremendous potential as a social tool. E.g., in communities like Christiania in Copenhagen, we see how a sauna is the central thing around which a group of people are organized, both socially and geographically – a role formerly often taken by a thing like a church.

To create more of these beyond extra-ordinary sauna experiences, we want to inspire people around the globe to come up with new ways of doing sauna; to help people to develop new forms of social rituals, free of religious or

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4 “Neurological illnesses such as [...] burnout syndrome mark the landscape of pathology at the beginning of the twenty-first century.” (Han, 2015, p. 1)

cultural legacies. Therefore, we founded the *Sauna International*, a body for exchange, collecting knowledge, and sharing inspiring examples of how to come up with your own sauna session through three major approaches: *join*, *borrow*, and *build*.

Our sauna is neither the beginning nor the end point. In its rhizomorphic character, it bases itself on hundreds of thousands of previous examples, ideas, and inspirations. And definitely it will spark countless new things, whether it be a sauna or something completely different. Let's ensure that the *living sauna* will create a multitude of fires, giving energy to society rather than leading it to *burn out*, and by this nourishing our inner fire and vice versa.

So, the *Sauna International* has already begun. It started, for example, with every one of us coming from a different country: Germany, Russia, and Switzerland. But also with a variety of previous experiences and exchanges on the topic of saunas, like with Karlotta growing up and being socialized in East Germany and later living in the West. Or with Ilia's empowering experience from *Sompasauna*<sup>5</sup> in Finland. Or when I had the first exchange with the *Heissdrum* collective in Basel, running a self-made and open source sauna in the public, long before this project was born.

And to spread the words of sauna beyond the hearing range of our voice and the rather short radius this publication can reach, we set up a website to distribute our collected knowledge further and having the content *open access*.

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5 *Sompasauna, a community sauna in Helsinki, touched more upon later in the book, where Ilia draws his personal experience there.*

The background of the page is a large, abstract line drawing. It consists of numerous black lines of varying thicknesses that meander, loop, and cross each other across the entire page. These lines form a complex, interconnected web that visually represents the concept of a rhizome, which is a non-hierarchical, decentralized network. The lines are most dense in the corners and around the text blocks, creating a sense of organic growth and connection.

## PART ONE

*This part contains personal thoughts on saunas in general and a selection of different saunas of importance for our own project.*

*‘A rhizome ceaselessly establishes connections between semiotic chains, organizations of power, and circumstances relative to the arts, sciences, and social struggles.’ (Deleuze and Guattari, 1987, p. 7)*

## Personal Thoughts on Saunas<sup>6</sup>

Sauna evolved from the archaic need of washing and hygiene. Once done collectively due to the very practical reasons of economy efficiency. These material circumstances formed the fundamental direction for the social and cultural superstructure built upon it, creating strong communal rituals – all fueled by the basic need of washing one self! So people in evolving times gathered together: dirty, stinky, and showing ourselves also not in the ‘best’ condition.

*„The history of sauna and bathing is,  
really, a history of humanity.“*

*(Bro, 2022, p. 10)*

Nowadays, at least in many of the so called ‘developed countries,’ these habits are done in the utmost private space and alone. There we make us ready, shiny, and create a certain illusion of perfectness, to only then enter into the social and public sphere. So, the preparation became hidden and separate from the social part of our lives itself. And this, in spite of the fact that ‘being clean’ remains one of the basic needs of every human being. But yes, as stated: socially very much hidden while at the same time ever more charged with social weight.

So, Saunas today became one of the last sites where we interact ‘au naturel’ – as one of the many words for naked in the English language describes it to the point.

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6 *The word sauna, is a finish one. But let us not forget, that the practice of hot steam and sweating emerged in almost every culture. So, when I speak about sauna, I think of a hole variety of saunas.*

*“In the sauna, everyone is ‘equal.’ The Rolex is deposited outside and the suggestive clothes stripped off. It is a place, where we adjust our ideas with the reality; where we challenge social concepts of ‘perfection’ with the beauty of the truth. Balancing and wholesome” (Kim Urech, 2025)*

## Back and Forth...

In a variety of places sauna evolved as a tool for hygiene. Especially in colder regions, washing yourself in the chilly water was and is almost unthinkable without heating up before and afterwards.

Then time went on and some saunas became an expensive<sup>7</sup> luxurious good, barely affordable except for a tiny minority. And the more money involved, the archaic character with sparks and smoke became fewer and fewer.

And now, in the time of an ever accelerating speed of life, it reforms again from the fancy addition back to the basic necessity of taking a break and grounding yourself.

## Sauna for Health

If we leave out the people who (miss-) use the sauna as a competition I dare to say there are only benefits of doing sauna. And this is definitely nothing new...

*„People used to soak in waters without knowing why they felt better after, but still knew that they did. They did not have to cross-reference the data, but rather moved from an intuitive, trusting space:“*

*(Bro, 2022, p. 12)*



To enhance the immune system, for relaxation and stress reduction, to purify and strengthen the skin, after sport to prevent muscle ache, et cetera, et cetera. The list is endless and there are more than enough reasons to try out sauna. Just follow the words of Lindsey Bro and trust your *Bauchgefühl*.

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<sup>7</sup> Some state repeating the affordable public saunas of Vienna would. But affordability is subjective; exclusion is real; we live in a class society!



## Naked or Dressed

Since long I know the term ‘textilfreie Sauna,’ a sauna where no clothes are allowed, although I never experienced the opposite. So in the Swiss culture, I grew up in, there was at least the necessity to mention the fact, that you have to be naked in the sauna. Now living in Austria, I never read or hear off this description again, so the naked sauna is even more the unquestioned default. But in many other regions, for example many of the roman speaking, being in the sauna naked is uncommon or even forbidden.

As I heard of people reporting, in the Japanese culture there are again very different manners of how to behave in the public baths, the traditional Japanese *Onsen*. The people are still all nude, but in an utmost discrete manner, that none will ever see something. In the words of my Viennese Professor: ‘Ur gschamig!’

And letting my thoughts wander more, I remember the stories narrated by

And here is an example from the author Gregory David Roberts, who also writes about the bathing culture in India, letting his close friend and tour guide Prabu speak:

*“In India, the men are wearing this over-underpants, under their clothes, at all times, and in all the situations. Even if they are wearing under-underpants, still they are wearing over-underpants, over their unders. You see? [...] So please, promise me that you will not be naked in India. Especially not without your clothes.” (Roberts, 2004)*

## Gesellschaft, Kultur und Nacktheit

Ein persönlicher Bericht von Karlotta über die kulturellen Unterschiede im *geeinten* Deutschland.

*Nachdem ich zuerst in Dresden, dann in Potsdam aufgewachsen bin und von diesen Orten – samt ihrer Geschichte – maßgeblich geprägt wurde, erlebte ich meinen Umzug in „den Westen“ als einen Kulturschock. Was für mich vorher keine wirkliche Rolle gespielt hatte, wurde für mich in Köln abrupt spürbar:*

*Ich fühlte mich nicht mehr als selbstverständlicher Teil vom großen Ganzen, sondern eher als eine Art Bonus-Person, die der Westen großzügiger Weise zu sich eingeladen hatte. Ich fühlte mich häufig missverstanden. Es wurde anders über Dinge gesprochen, es wurden Gegebenheiten für selbstverständlich gehalten, irgendwie naiv und fast unverschämt privilegiert über ganz Offensichtliches hinweg geschaut. So nahm ich das jedenfalls häufig aus meiner verletzten und irgendwie wütenden Ost-Perspektive wahr, die für mich immer präsenter wurde.*

*Diese Reibungen führten für mich zu einer ganz neuen Reflexion über meine eigene geografische, familiäre und kulturelle Identität. Sämtliche erlebte Konflikte & Kontraste in Köln halfen mir, vieles, was ich offenbar (unbewusst) für mich aus dem Osten mitgebracht hatte, mehr an mich zu binden, stolz darauf zu sein und das zu feiern!*

*Dazu gehörte für mich ganz klar auch die Nacktheit.*

*Im Nacktsein empfand ich – im Kontrast zu manch anderen Situationen keine Scham. Ich war ja damit groß geworden. Für die „Wessis“ hingegen schien allein die Vorstellung, sich vor den Augen anderer vollkommen zu entblößen und dann auch noch in eben diesem entblößten Zustand zu verharren & sogar zu entspannen, mit sehr großem innerem Widerstand verbunden zu sein.*

*Die mir nächsten Menschen in Köln sah ich also niemals nackt.*

*Schon verrückt  
& schade*

*Aber sie konnten ja nichts dafür. Genauso wenig wie der Osten etwas für den Osten konnte – einen Titel, den sich der eine Teil Deutschlands für den anderen ausgedacht hatte.*

*“Nacktsein bedeutet [für mich] ehrlich sein.  
Wir sollten alle ehrlicher sein!”  
(Karlotta Leonie Paul)*

## Research *by practice*

Our practical approach was from the beginnings on and continuing throughout our trajectory shaped by going to saunas. Mostly together, sometimes alone, but always with the driving motive of getting to know what is already out there. Some readers may have now a smile in their face thinking “of course they did this, must it not be pleasant to have a university project providing personal wellness?” Yes it is! But besides the concrete individual benefits it was also of the highest importance to have certain rituals shaping and strengthening the collective – the smile maybe even increases. Really, we lack of rituals in our society. These meditative moments of following a well known pattern giving the overthinking self a pause, of releasing ourselves from our individual and entering the collective, of celebrating and closing old and opening up new. Rituals as instruments of time, rituals as the act of remembering forward...

*‘To feel more alive is to reclaim the spirit of amateurism, in its different forms, and to counter the ideologically driven world of professionals.’ (Merrifield, 2017, p. 11)*

However, our approach also served to learn from the already existing and build upon the learnings we already made. We do not have to reinvent the wheel. An old saying, but let us take it serious! Escape the pressure of always being original, dare to share, combine and use the existing. Especially in the context of art academies this is often an issue. Let us liberate from this enforced tendency of constantly creating something original and good selling. The commodification by capitalist system. Break with the illusion of one person is the single owner of a thing, of an idea. This is not the nature

of homo sapiens. We are social beings barely equipped with anything to survive alone and naked. But endowed with the mesmerizing capacities for language and emotions to create strong connections to build upon complex societies – all fueled by our need and therefor speciality of living communal.

So let us share, work with the existing, combine and build upon it – proud of the collective, confident in society. Let us establish a social system where we no longer have to protect things, whether goods nor ideas, and a society living from inclusion, rather than the opposite.

## **Selections of Inspiring ‘Saunas’**

*Saunas and similar things we experienced external of the framework of this project which influenced in one or another way our project:*

**EX #01 – Fountain Bathing [Public]**

**EX #02 – Sompasauna [Community]**

**EX #03 – Schwitzhütte [Ritual]**

**EX #04 – Freetown Christiania [Community]**

**EX #05 – Heissdrum [Collective]**

*Saunas we visited all together as part of our sauna research for our own project:*

**SR #01 – Sophiengarten [Community]**

**SR #02 – Mathias Sauna [Living Community]**

**SR #03 – Queer Sauna [Housing Project]**

**SR #04 – Sauna NAU [Association]**

## EX #01 – Fountain Bathing [public]

In winter, the *Brunnenheizer\*innen* of the association *Pro Fontaines Chaudes* are heating up fountains in the public sphere of Basel to turn them back into places for social exchange.



Figure 1: ©Dominik Dober

*“We are engaged in the maintenance and  
enhancement of Swiss social hygiene [...]”*

*(Pro Fontaines Chaudes, 2017)*

It takes place every second week and always in another fountain. One of the most beautiful ways to reclaim the urban I have ever experienced.

To recall these memories I did an Interview with myself. To immerse even more into it, I did it in my mother tongue, the Swiss-German dialect of Basel:

Das klingt irgendwie verruggt und schön zu glich. In Basel badet me in Brünne?

*Für mancherlei mag es vilicht absurd klinge, aber jä, in Basel badet me in Brünne; an heisse Summertäg gniesse d' Lüt, vo Gläi bis Gross, z'Basel erfrüschendi Abkiehlige. E Vielzahl an Brünne vo dr Grössli vo grosse Baadwanne bis zu kleine Swimmingpools sind in dr ganze Stadt verteilt und konstant fliesst frisches Wasser in beschter Qualität.*

Und im Winter macht me das au, isches denn nid z'kalt?

*Kalt isches, aber nur wenn me usem warme Wasser uusegod. Das wird nämmlig bereits Stunde vor em eigentliche Event mit emne Holzofe und ere liegevelo-artige Pumpi, wo stets öbber muess trampe, uf agnähmi 39° Celsius ufgeheizt.*



Figure 2: ©Dominik Dober



Das klingt nach emne richtige Gheimtipp, wie hesch du vo  
däm Projäkt erfahre und wie wird jewils kommuniziert,  
wenn wele Brunne ufgheizt wird?

*Das kame wirklich so sage. Wo ich im 2017 s'erschi Mol devo erfahre ha,  
hani mi sehr geehrt gfühlt und s'ganzi Erläbnis hed sich unheimlich  
bsunders agfühlt. Und au no hüt überkunnt mi jewils e'schöns Gfühl vo  
Nostalgie und Stolz, dass ich das scho so lang kenne due und gniess dörf.*

*Es gid grob zwei Arte, wie die Events kommuniziert wärde: Zum Eine gids  
ganz klassisch e Newsletter per Mail und s'gliche nomol imne Telegram-  
Kanal. Zum Andere gids aber auch immer wieder Events, wo überhaupt  
nid digital und au nid süscht irgendwie im Vorus akündigt wärde. Einzig  
und elai am Tag sälber wird in besagtem Brunne e Schild ufgstellt und  
offebart so s'bevorstehndi Spektakel nur dene, wo zuefällig dört verbie  
kömme!*

Was macht's Event zum Spektakel?

*Tatsächlich isches nid nur s'Brunnebade in dr kalte Jooreszyt, wo für sich  
elai scho bsunders isch. Es isch au d'Art und Wies, wie die jewilige  
Verastaltige kuratiert sind, wos Erläbnis so speziell macht. Wenn me  
ahkunnt, gids e' Reception, wo einem in Empfang nimmt. Me trät sich y  
und bestätigt somit, dass me d' Brunneregle gläse hed und ihalte duet –  
ganz ähnlich wie dr 'Code of Conduct' in unserem Projäggt. Denn wird me  
bätte, wenns einem möglich isch, e' Betrag z'spände, denn wie alles, gids  
au bi däm Projäkt gwüssi Koschte, wo mien deggt wärde. Die nögschti  
Station isch denn d' Garderobe, wo me sini Sache ka deponiere, e'  
Umkläidekabine gids ebefalls. Und bevor me denn in Brunne god, gilts sich  
noch bi dr letschte Station d' Füess zwäsche und sich kurz abzdusche.  
Denn isch me parat zum ins warmi Brunnwasser iztauche. Es isch also e  
ganze Ablauf, dä einem durchs Erläbnis duet leite und s' Ganzi zumne Art  
Ritual macht. Stets ähnlich und doch nie ganz glich.*

*Und genau dä kuratierti Ablauf isches, wo s' Ganzi Erläbnis zumne  
Spektakel macht und mi au in unserem Projäggt sehr inspiriere und  
beiflusse duet.*



Figure 3: ©Dominik Dober

## EX #02 – Sompasauna [Community]

An extraordinary sauna in the public of Helsinki, Finland, where our team member Ilia Gromov used to live for a while and had the chance to go to ‘Sompasauna’ and influx our own sauna project by his experience. Let’s listen to his own words:

*Sompasauna is a volunteer-run sauna project in Helsinki, Finland. In the community's own words, the project is “Helsinki's most public sauna – open 24/7/365 and run by everyone who uses it. Sompasauna is always free and open to everyone. This works because everyone helps out – keeping the area clean, sawing wood, fetching water, and maintaining the saunas.” When I discovered Sompasauna, I had never seen something like it in my life before, and it impacted the way I see saunas. When you come to the site of Sompasauna, you join right in. There are three saunas standing on the bank of the Baltic Sea. People are going in and out of the saunas, plunging in the water, and going back in again, while you undress outside at something that looks like a middle school changing room, but outside.*

*The story of Sompasauna began in 2011 when a group of locals in Helsinki found an old wood-burning stove and turned it into something special. They built a simple "shack sauna" on an empty harbor lot and made sure anyone could use it. While the people who started it didn't visit much themselves, hundreds of sauna lovers found their way there in the first year. About twenty regular visitors became friends and spent the next few summers rebuilding and improving the sauna. They were clever with their resources – they built almost everything using materials they found or were given, spending only 150 euros each year. They only needed to buy a chimney and a saw. This simple approach helped them learn what worked best, and the sauna got better each time they rebuilt it.*

*Coming to Sompasauna taught me that saunas can be as public as the outdoor urban spaces get. It provided an example of the possibilities of self-organisation and building trust within the community and with the city structures. At first, the project was unauthorised and saunas were dismantled several times between 2011 and 2013. However, the association was established to put the project in a legal framework, and*

*the project started to gain a cult following as many people became interested. It taught me that people unite over the things that are important to them, and as I continue to learn in our own project, there is a luring magic to the intimacy and bodily focus of the sauna experience, particularly. I believe we are still at the very beginning of understanding and realising the full potential of sauna experiences in our communities, especially outside of Finnish tradition.*

*“After all, Sompasauna taught me that  
making a public sauna can be a  
straightforward process, as simple as the idea  
gets.” (Ilia Gromov)*

## EX #03 – Schwitzhütte [Ritual]

Karlotta's dad has a lot of experience in building sweat huts and the rituals that take place in them. But listen to Karlotta her self.

Warst du also auch selber viel in Schwitzhütten mit dabei?

*Als junge Erwachsene – so mit 14 Jahren – habe ich ein Jahr an einer begleiteten „Übergangszeit“ vom Kindsein zum Erwachsenwerden – für Mädchen – teilgenommen. [Mein Papa begleitet genau dieses Format für heranwachsende Männer.] In diesem Rahmen setzten wir uns auf verschiedene Weise mit uns, unserer Vergangenheit, unseren Familien, Körpern, Gefühlen, Grenzen, dem Frauwerden und dem Frausein auseinander. In diesem Rahmen habe ich zum ersten Mal ein Schwitzhüttenritual erlebt. Das ist ein fester Teil des Programms und ich verstehe auch, warum.*

Was hast du für Erfahrungen in Schwitzhütten gemacht?

*Gemeinsam mit – nur – anderen Frauen in einer Schwitzhütte atmen, schwitzend und vibrierend: Gedanken, Ängste und Wünsche teilen – das war eine der ursprünglichsten Erfahrungen, die ich je gemacht habe. Verletzlich, roh wie ein Ei und wahnsinnig bestärkend zugleich.*

*Ich erinnere mich an die enorme – ungewohnte – Hitze, die sich in diesem Kreis gut aushalten ließ. Glühende Steine, beherbergende Dunkelheit, flüsternde und zugleich laute Stimmen. Ganz viel pulsierende, gebündelte Kraft in diesem engen Raum.*

Hast du mal eine eigene Schwitzhütte (mit-) gebaut? Oder wirst du mal eine eigene bauen?

*Teil des Rituals war es auch, die Hütte gemeinsam aufzubauen und herzurichten. Das Setting dafür war aber schon gut vorbereitet. Ich erinnere mich an die dicken, schweren, umhüllenden Decken. Und darunter das starke Skelett junger Weiden und Äste. Ich habe das große Feuer vor der Hütte bis heute bildlich vor Augen: ein mächtiges Feuer. Ein*

*Feuer, das Steine zum Glühen bringt – und diese Steine werden wiederum dich zum Glühen bringen.*

*Seitdem habe ich nie wieder eine Schwitzhütte (mit-) aufgebaut, aber bin vorfreudig auf Kommendes.*

**Worin unterscheiden sich Schwitzhütten und Sauna, was haben sie gemeinsam?**

*Die Hitze in der Schwitzhütte geht, anders als bei einer Sauna, die von einem Ofen befeuert wird, von heißen Steinen aus, die in die Mitte der Hütte gelegt werden. Das Grundgerüst der Hütte selbst wird traditionell aus jungen, biegsamen Ästen wie Weiden geformt. Dieses Skelett wird dann mit dicken, isolierenden Decken verkleidet. Auch die „Sitzordnung“ in einer Schwitzhütte ist anders als die in einer gewöhnlichen Sauna – denn alle Beteiligten sitzen gemeinsam in einem Kreis auf dem Boden, der von Fellen und Decken bedeckt ist. Die glühenden Steine in der Mitte bilden das Herz, das Zentrum des Rituals. Anders als bei dem Aufguss-Ritual in der Sauna wird die Schwitzhütte in vier – thematischen – Runden zelebriert. Zum Beispiel geht es hier um Dinge, für die man dankbar ist; Dinge, die man loslassen will; Dinge, die man sich (und anderen) wünscht; und um eine eigene Vision, die man in die Mitte gibt und miteinander teilt. Zwischen den Runden kühlen sich die Teilnehmenden draußen ab, denn Schwitzhütten finden immer in der Natur beziehungsweise unter freiem Himmel statt!*

## EX #04 – Freetown Christiania [Community]

A former military base in the heart of Copenhagen. There, in the early 70s, the neighboring people took self-responsibility and reclaimed the unused harbor area to establish space for a decent living, which the city more and more failed to provide.

“The goal of *Christiania* is to create a self-governing society in which everyone is responsible for the well-being of the entire community.” (*Collectiv*, 1971)

Coincidentally, the supervisor of our sauna project, Predrag Milic, made his master's thesis in Copenhagen, where he also writes about the ‘Freetown Christiania’ and how the people living there are organized. In the following paragraphs, you get a brief insight into how things run there. A sauna seems to play an important role as well ...

You spoke about how the sauna plays a crucial role in *Christiania*. Can you explain this a bit further?

*The sauna indeed plays an important role in the Free Town of Christiania. From its inception back in 1971, it provided a social space for hygiene – a site of encounter and social purification, as it were – allowing everyone a moment of dignity: to be clean! It was conceptualised as an important socio-political-economic feature of the community, as an inseparable element of individual dwellings (initially free of bathrooms), which over the years became an everyday cultural practice. Being placed in an old military barracks, the sauna is big enough to host a group of people who usually meet across the Christiania political body, allowing meetings to take multiple shapes and last longer while bringing clarity to their decisions that sustained them all these years.*

You referred to the sauna there as the central thing, both spatially and socially; the comparison to a church is close.



Would the people living there also make this connection to a sacral space?

*The church comparison evolved from our discussion on spirituality; however, I am not sure if the community holds this comparison. One thing is sure: saunas do help with purifying the community – a quality many associate with religious objects such as churches.*

If you had to name one thing you took with you from your time there, what would it be?

*I keep a warm memory of a place guided by a multitude of self-actualisation and responsibility, captured in the words of Emmerik Warburg during his introduction of their common room:*

*"Please leave the place in a better state than it was when you arrived." (Emmerik Warburg)*

Or, to put it simply:

*"Make the world a better place."  
(Predrag Milic)*

## EX #05 – Heissdrum [Collective]

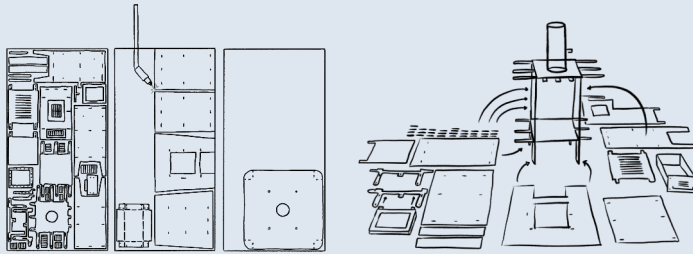
The ‘heissdrum’ collective in Basel came up both with their own dome construction, creating an atmospheric and portable space, and a powerful oven. The oven is made out of laser-cut steel, assembled without welding, and the construction plan provided online for everyone to rebuild.



Figure 4: ©Heissdrum

The oven is the beating heart of every sauna, and with providing this open-source, it puts the value of sharing at the very centre of the project. This inspiring example of ‘heissdrum’ lead us throughout our project and made it very clear: we are not building the sauna merely for ourselves, but for something greater. For the *Sauna International*.

## Technicalities on the *Heissdrum* Model



*They made their oven out of normal steel, the most affordable and best suited material for high temperature – but, it slowly corrodes over time. This creates a unique look, but will also slowly destroy the oven. Below, there are various options listed of how the construction could be made.*

### Steel      Affordable

Will rust, but only slowly

The best for high temperatures

### Stainless Steel      More expensive

Protected against rust

Not perfect for high temperatures. Due to it's stiffness it lacks of flexibility, which can lead to problems with the oven expanding and shrinking while heating up and cooling down.

### Corten Steel      Very Pricy

Only the outer part will get a layer of rust

Has some flexibility for expansion

### Dome      Thin and long pieces of glued wood are lightweight and very flexible, makes the dome adaptable to the site specific situation and to create different atmospheres

Adaptability makes the setting up complicated and long

### Insulation      Pieces of curtain textile cover the wooden structure

Complicated to set up, especially in windy situations, danger of burning (fireproof material to be added at least close to oven)

Layer of rescue blankets on the inside increase the isolation effect, keep the curtain textile dry, and creates a special light situation

## SR #01 – Sophiengarten [Community]

*Date // 03/13/25*

*Location // Sophiengarten*

*Sauna // Self-built sauna installed on site*

*Writer // Karlotta*

*Wurden hierhin eingeladen.*

*Ein Abend, der für mich in lebendiger Erinnerung blieb.*

*Als wir im Sophiengarten ankommen, beginnt es in Strömen zu regnen.  
Zum Glück befeuert dieses ungemütliche März-Wetter nur mehr den Drang  
ins Warme zu kommen. & etwas Warmes ist ja da: Eine kleine  
selbstgebaute & sehr einladende Sauna, die den Gemeinschaftsgarten am  
Donaukanal auch in den kalten Monaten mit lebendigen, sozialen  
Energien versorgt. & so huschen wir vorfreudig aus der kühlen Nässe in die  
Hitze der Hütte.*

*Wie selbstverständlich sind wir hier nun mit teilweise fremden Menschen  
beisammen – nackt, verletzlich, neugierig.*

*Hier oben auf der Holzbank zu kauern – Schenkel an Schenkel mit anderen  
ruhenden Körpern – fühlt sich vertraut und leicht an.*

*Eine Vielzahl offener Ohren trifft auf ein Gemisch aus aufgeregten  
Stimmen, die von Träumen, Visionen, Ängsten % Wünschen erzählen.*

*Impuls folgt auf Impuls.*

*Ideen pulsieren wie unsere schwitzenden Körper.*

*Kirchenschiffe zu Saunen!*

*Schloss-Fontänen zu öffentlichen Erfrischungsräumen!*

*Gemeinsam tauchen wir unsere aufgeheizten Glieder in eisiges  
Donauwasser.*

*Der starke Strom des Kanals umfasst meine Hüften. Ein Walzer.  
Bin wach.*

*Eine Hand greift nach meiner...*

*Bin berührt von dieser Nähe*

*& dem kräftigen Puls dieses Ortes.*



## SR #02 – Mathias Sauna [Living Community]

*Date // 03/15/25*

*Location // Haus WG [Obere Alte Donau]*

*Sauna // Self-built sauna installed on site*

*Writer // Karlotta*

*Es ist schon dunkel, als wir einer Hand voll nackter, teils fremder Menschen durch das kleine Fenster der selbstgebauten Sauna zu winken. Sie steht in einem Garten, der zu einem großen Haus gehört, das von einer jungen Wohngemeinschaft bewohnt und belebt wird.*

*Wohlige Hitze schlägt uns aus dem kompakten hölzernen Raum entgegen. Wir schlüpfen in die Wärme & finden unsere Plätze zwischen den anderen. Lächelnd, vorerst schweigend.*

*Schnell fallen wir in leichte & zugleich tiefe Gespräche. Lernen einander kennen & mehr über uns. Schweißperlen bahnen sich ihren Weg von unseren Gliedern hin zum Holz der Bänke & zum Boden. Die Luft ist voll, es duftet. Das Feuer im Ofen knistert. Gedanken treiben davon.*

*Rausch.*

*Nacheinander treten wir ins Kühl dieser Nacht. Werfen uns unsere Mäntel über. Spazieren den Garten entlang bis zu einem Tor. Hinter dem Tor der öffentliche Uferstreifen. Weiter hinten sieht man die Alte Donau im Mondschein schwimmen.*

*& kurz darauf schwimmen wir in ihr.*

*Das beißende Märzwasser trägt unsere Körper.*

*Über uns glühen die Sterne auf düsterem Grund.*

*Zug um Zug, ächzend. Ausrufe der Freude & Belebung.*

*Rausch.*

*Liege allein im Warmen. Inhaliere diesen Moment des getragen werden.*

*Versuche ihn mir fest einzuprägen. Ein Embryo im Mutterleib. Geborgen, versorgt, eingewebt, verbunden. & mein Atem ist der Atem dieses Leibes.*

*Rausch.*





## SR #03 – Queer Sauna [Housing Project]

*Date // 04/13/25*

*Location // Alte Sargfabrik, collective living*

*Sauna // Public sauna and bath*

*Writer // Ilia*

*Queer sauna takes place usually once a month in winter on the basis of a co-housing bathhouse facility at Sargfabrik. The special policy of ticket sale only allows 20% of cis-male attendees. When you arrive there, the hosts of the sauna explain the rules and give practical infos on how the event is organized. The visitors get a free drink too. The special sauna rules are printed and attached to the sauna door and the aufguss sessions are also preceded with check-in and explanation of the ritual. After each aufguss the hosts prepare the fruit plates for the visitors to have a snack during a 4 hour event.*

*As a queer person, I found the experience of visiting this sauna event joyful, peaceful, comfortable, euphoric, empowering. The crew has also contacted one of Viennese magistrates to propose introducing Queer slots on a regular basis in the public bath programming in Vienna. So far there was little progress in actually implementing this change as far as I have the knowledge. I would definitely be visiting the public baths in such time slots, would they hopefully become a reality one day.*



## SR #04 – *Sauna* NAU [Association]

*A new Sauna in Vienna. It is a self-made sauna, initially built for a trailer park, now after several years moved into the outskirts of the city to create another alternative space to escape the speed of the urban realm.*

I heard of the project from many close friends and other people of the *bubble*. Therefore, I had high expectations regarding aspects like: beauty of the self-made, fostering self-initiative, and most important awareness. In the following, you will find an individual review of each of us:

*Date // 03/05/25*

*Location // Periphery of Vienna, private garden and forest*

*Sauna // Self-built sauna installed on site*

*Writer // Karlotta*

*The 'Aufguss' was problematic: announced too long, exhausting, technical, exaggerated, masculine, hot aggressive --> ruins the magic*

*Strange male energies: competitive infusion master "it has to be so hot for everyone that they moan and run out..."*

### **– Who knows what's best for everyone?**

*Assault by an old man, inappropriate touching, harassment, power games*

*Asking for consent: rubbing spray, alcohol in the sauna, silence or entertainment, music/drums? All this characterizes the mood and well-being in the sauna*

*Nice with the music/bass from the pool outside: you could bob along in the sauna. But drums inside not so nice.*

*Dance naked! be naked in the forest...*

*New spaces of perception: combination of sauna and dancing is clever & beautiful :))*

*large window to watch the hustle and bustle outside, also nice!*

*Date // 03/05/25*

*Location // Periphery of Vienna, private garden and forest*

*Sauna // Self-built sauna installed on site*

*Writer // Ilia*

*Overall: More negative experience*

*The club part had a bad influence on the sauna part (drugs, alcohol, music, loud talking).*

*Boundaries were more and more not respected.*

***– We always need to have an awareness concept!***

***– Ideally also dedicated people and not only from the team.***

*Incident: An old man touched a person on purpose at the lake, only them. The person then ran into Karlotta and Ilia.*

*The person could not speak to the team, hence not safe (already spoke to them and also has an issue with someone from the team; did not want to be the problem maker).*

*How the old man speaks, massages, and positions his body; does not wash his feet; and others have to ask him to move and give space while everyone else is already sitting squeezed together.*

***– Isolation of locations is a safety issue!***

*Conclusion: Ilia would not go again. Or only if focus is more on sauna and not dancing.*

*(There are also other events, also Flinta only)*

*Date // 03/05/25*

*Location // Periphery of Vienna, private garden and forest*

*Sauna // Self-built sauna installed on site*

*Writer // Franz*

*Lui, the sauna master of the evening*

*He always checked in with a heater, super technical with a thermometer*

*But not once with the people*

*He did his show:*

*Snapping towel, impressive!*

*But hard. "Everyone should groan and stream out after the second one..."*

***- Sauna master should serve the guests, not the stove!***

*Nothing was asked*

*No one was asked who wanted to wag.*

*It was too much for one person, she got up. - He: Do you want to get out? -*

*She: Well, it's just too hot. - He lectured: it's cooler on the ground. - She:*

*That's fine, just the waving is too much. - He: Ah, yes, then I'll let you out.*

*(The 'friendliness' afterwards only makes it worse. Absolutely no sensitivity)*

*No awareness concept / code of conduct*

*Beer in the sauna – but hardly any water*

*It was generally very cramped*

*Time management super lax*

***- How can changing needs and moods be queried and presented so that even new people can find their way around?***

*Nudity was very present, mixed nicely with dancing and sauna*

*I contacted a friend, who is part of the collective hosting the events, to talk about the incidences. We had a long talk and my words met very open ears. At least this, I am glad.*

***- Mistakes are inevitable, but we have to do our best to minimize them and always be open to learn from them.***



Living sauna  
#04

## PART TWO

This part containing the five events we hosted so far withing our project. They are presented through a selection of the accumulated artistic documentation.

Living sauna #01

*'Rhizomatic learning posits that learning is a continuous, dynamic process, making connections, using multiple paths without beginnings, and ending in a nomadic style.'* (Khine, 2023, p.

1)

Living sauna #02

Living sauna #03

Living sauna #05

## **Our Own ‘*living* sauna’ Sessions**

The List below shows all the saunas we *lived* during the semester:

**LS #01 – Franz’s Courtyard [Test Run]**

**LS #02 – Alice’s Birthday [Private]**

**LS #03 – Sauna ‘Jörgerbad’ [Public Sauna]**

**LS #04 – Donauinsel [In Nature]**

**LS #05 – *Angewandte* [Deconstructed Sauna]**

*To get a glimpse on the surrounding, every session starts with a picture showing the view out of the little window of the sauna.*

## ***living* Sauna #01 – [Test Run]**

*First test run in the utmost private with only the three of us.  
Surrounded by hostile concrete on all sides, we created an oasis, a  
temporary space to escape the rush of the city.*







*Date // 17/04/25*

*Location // Franz's backyard*

*Sauna // Borrowed sauna tent*

*Writer // Franz*

*We did it.*

*Finally, and not without any struggles, but it worked.*

*Wholesome the effect of just doing. Planning is crucial, but coming to practice nothing less. It is satisfying and humbling, releasing and grounding.*

*Can we keep the sauna forever at mine?*

*Dream.*



*Date // 17/04/25*

*Location // Franz's backyard*

*Sauna // Borrowed sauna tent*

*Writer // Karlotta*

*Nach der ersten Anstrengung und Aufregung des in Kraft bringens der Zeltsauna wirkt die Wärme dieses kleinen Raumes gleich viel magischer. Die Sauna umarmt uns. Ich werde ruhig. Fühle mich verbunden mit so vielem – sogar der Vogelkacke, die den dreckigen Steinboden schmückt, auf dem sich unsere nackten Füße ausruhen.*

*Ich liege auf einer der Holzbänke und fühle mich wie schwebend. Genieße die Zeit allein mit mir, habe diesen Ort nun für ein paar Minuten ganz für mich allein. Schwerelos und sanft umhüllt von dem Dunst der Sauna genieße ich diesen zweisamen Moment. Mein Atem wird ruhiger. Meine Gedanken treiben leise davon. Ich lausche dem Knistern des glühenden Ofens. Das Flackern der Flammen – das durch einen kleinen Spalt am Ofen dringt – spiegelt sich auf dem Stoff der Zeltwand. Die tanzenden Wellen des Feuers erinnern an Wasser.*

*Ich verbinde mich mit ihr.*

*Mit der Sauna*

*& mit der Stadt:*

*Der Stadt,*

*die ich nun einmal richtig zu spüren bekomme.*

*Bin Teil von ihr. Gehöre unweigerlich zu ihr dazu.*

*Bin präsent auf ihrem nackten Körper.*

*Dem Körper dieser Stadt.*

*Piksen wir sie?*



## ***living* Sauna #02 – [Private]**

*A private session in a courtyard. Similar to the first session, but with more people, also some we did not know before. A first shy step into the (more) public.*



*Date // 13/05/25*

*Location // Alices backyard*

*Sauna // Borrowed sauna tent*

*Writer // Karlotta*

*Die Neugierigen wagen einen Blick in ihr Inneres. Für so manche ein ungewohntes Bild. Der dumpfe Bass der musikalischen Untermauerung des Treibens erfüllt auch diesen – von einer Membran umhüllten – Raum.*

*Ringe bilden sich auf der Oberfläche des Wassers.*

*Entkleidete Menschen gleiten nacheinander ins wohlige Warm der Sauna. Durch einen schmalen Spalt im Ofen sieht man Flammen hindurchflackern. Auch sie tanzen auf ihrem Fest. Versöhnliche Stimmen raunen durch den Rauch.*

*Hier lässt es sich gut tauchen, in Gesprächen von besonderer Natur.*

*Es walten andere Kräfte & Regeln.*

*Denn sie ist  
Eine Zeitkapsel.  
& nicht nur das.*

*Ein Uterus.  
Eine Gebärmutter -*

*umarmt stark & fürsorglich ihr Inneres.  
Versorgt es mit allem, was es braucht, um zu gedeihen.*

*Eine Keimzelle.*

*Hier keimen nun wild wuchernde und angereicherte Gedanken & Ideen.  
Türen werden geöffnet und es wird durch Fenster gelugt.*



ILISA: 'How can people stay dressed and outside, when there is a sauna?''

MARIE: Also had the idea of having a  
+ FELIX: sauna without the heat: sitting  
closely being naked.  
Assumption, it would only work  
in the bubble.

Marie did her first Aufguss, Karolka as  
well? I tried to let her do the fire, but still  
care a lot about it...

Slackly and dare have dressed while  
heating up / bio sauna ☺

Grayson not so much up for sauna,  
unless it would kind of a guided  
experience, I could only get there.

Sessam: on showing history and  
different cultures of sauna.

Guided experience through sauna  
like in Museum and guide?  
Karolka's audio on sitting

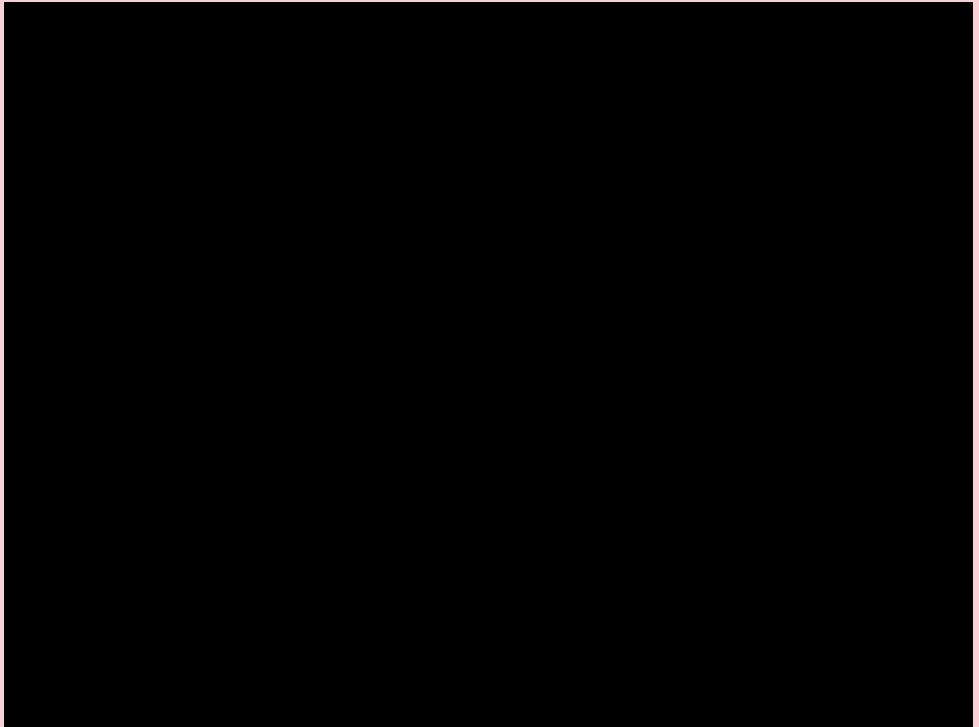


*The burning hot sauna oven was freed of its isolating shell. He is spitting fire like a launching rocket – just upside down and grounding us rather than pushing us somewhere.*

*Initially, just for cooling down, a new stage in the sauna procedure was founded. The last glowing embers created a campfire atmosphere, supporting us in this time of transition from the sauna state to the non-sauna state.*

## ***living* Sauna #03 – [Public Sauna]**

*Experimenting in the public sauna of Jörgerbad. A possible approach to curating sauna sessions, even if there is no sauna at one's disposal. We gently questioned the unwritten rules and tried to bring new influx into the dynamics grown over decades.*





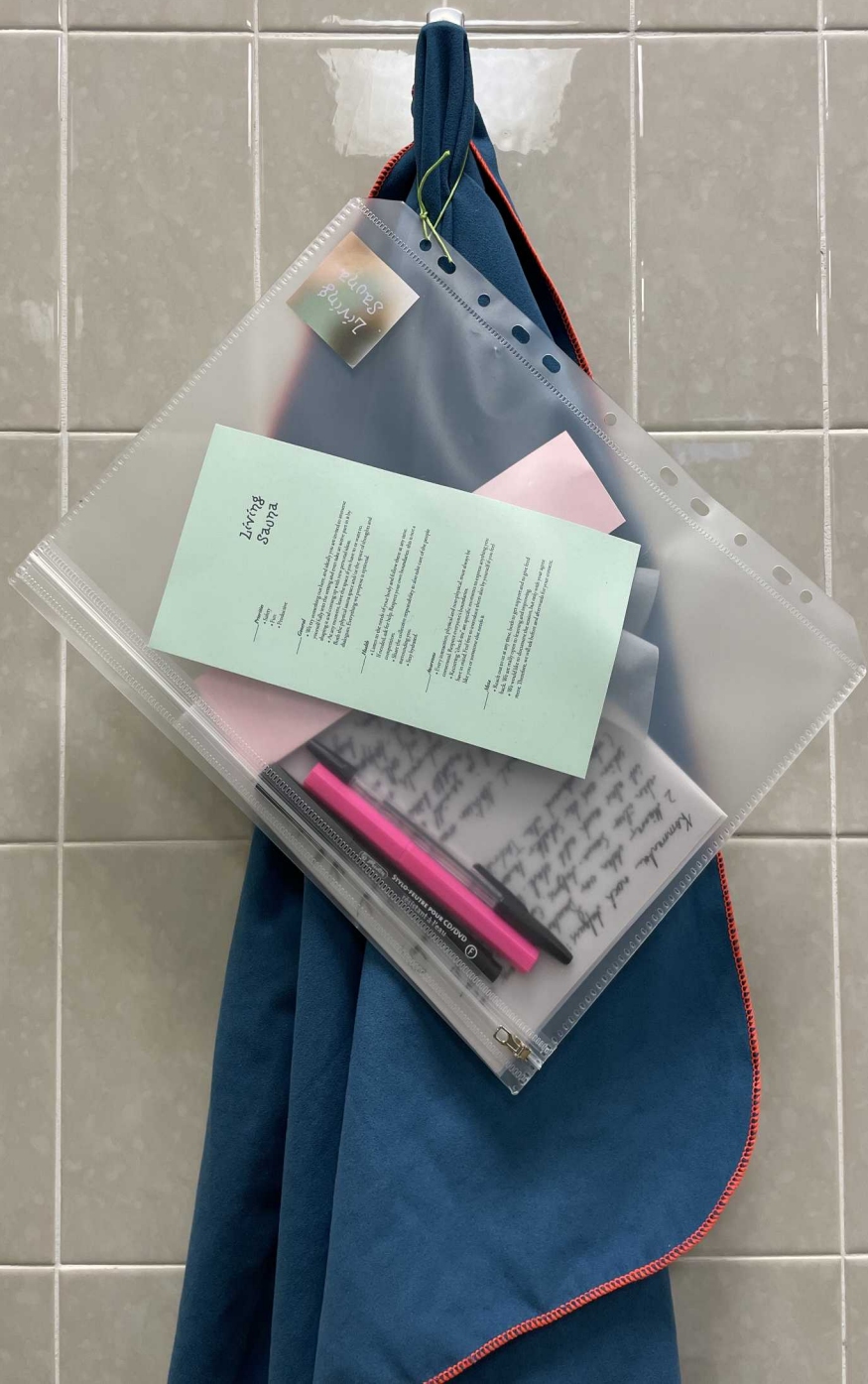
Little sauna adventure bundles, waterproof and equipped with different pens and material to write on. It should never be missing in and around saunas to capture the fascinating but fleeting and transitory beauty of the momentary.

*Or should we even try to capture it at all?*

*Is it not doomed to fail?*

We can never fully grasp something, and by trying to do so, it might pull us out of the very moment we were trying to catch in the first place – a beautiful dialectical situation.





## Zurück zur Zukunft

Am 1. April 2017

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On Augsburg: I have never seen a woman performing an Augsburg. We are sneaky intruders. Are we scary and can we make this sauna better. Old guys growling, moaning together, a round of applause. Is it weird to write in here and what do these 2 guys think of me. The tiles are slip-resistant. Keno comes a hoard. I feel insecure but also inspired. I am in the corner, visible and hidden. On one hand; I am not in the centre, on another hand one can argue I am more visible being in a corner. Do they think we are writing students? And do they think of us? What do they notice? I would love to call this space queer, to reclaim it from assumptions of gender, free from old guys growling. I am excited for fest, but I am scared to receive a question. Should I lie or should I tell a truth. And anyways am I always lying by merely being here, in this place.

Witcraft ment that woman, she (and her husband?) came here since 50 years - "phew, slow burn inventors". She always takes the method one, and the hot at 6.30pm. She explained me how to do it with the crystals: 15g, crushed and diluted in min. 40°C warm water. She heard one can also put the whole stones onto the stones, but she never did it.

Rumor "The woman does not feels her skin." (there for she makes the hottest and goes over)

## Living Sauna

Let's tell a story together

What is there to be  
reclaimed?

freedom of the naked body  
desexualise the body  
let me & my naked body  
share the space with you  
without me feeling observed &  
there for your amusement

People were and are very  
welcoming & people shared stories,  
to be sure, were curious and kind  
asking, if we would do a school  
exercise. My little ~~extreme~~ anxiety  
that people would feel offended  
if we would be perceived too  
much as a strong bond group,  
turned into it's opposite. Everyone  
I looked into eyes larger started  
to smile.

Breathing together, all rebreathing

## on Importance of Magic and Rituals.

### Feelings of Aufguss

I enjoyed the "mentol-  
Aufguss" so much  
because everyone had  
their eyes closed -  
I brought myself to  
a more comfortable  
position - one I would  
not take if there are  
many eyes - staring...

It felt a little bit like  
a dream - jointly  
breathing - all together  
up & down - all together  
this contradiction be-  
tween hot & cold  
was a bit magical.  
sparkles - tiny sparkles  
everywhere

fallen lassen.  
gemeinsam.  
auf die reise losgehen.  
atmen. vibrieren.  
einen Raum füllen.  
einnehmen.  
Raum nehmen &  
Raum geben.

stillsam die  
haltung einnehmen  
- die lebendige  
- nicht zerde  
- flammende

rote Popos & Schaltha  
wollen schweiß perlen.

A collective essay, written individually but coming together  
as one continuing piece.



## ***living* Sauna #04 – [In the Nature]**

*In the Nature on Donauinsel. A hot sauna asks for cold water, and the accelerated urban needs the grounding qualities of nature. The mobile sauna packed onto a cargo bike and another one with a trailer, we cycled slowly into the green heart of Vienna.*









My dear friend and roommate brought some *Invisible Cities* with him to read out loud the poetic narrations. Soon, another of our sauna guests joined and asked specifically for the story on page 30 ...



*“In Maurilia, the traveler is invited to visit the city and, at the same time, to examine some old post cards that show it as it used to be: the same identical square with a hen in the place of the bus station, a bandstand in the place of the overpass, two young ladies with white parasols in the place of the munitions factory. If the traveler does not wish to disappoint the inhabitants, he must praise the postcard city and prefer it to the present one, though he must be careful to contain his regret at the changes within definite limits: admitting that the magnificence and prosperity of the metropolis Maurilia, when compared to the old, provincial Maurilia, cannot compensate for a certain lost grace, which, however, can be appreciated only now in the old post cards, whereas before, when that provincial Maurilia was before one's eyes, one saw absolutely nothing graceful and would see it even less today, if Maurilia had remained unchanged; and in any case the metropolis has the added attraction that, through what it has become, one can look back with nostalgia at what it was.*

*Beware of saying to them that sometimes different cities follow one another on the same site and under the same name, born and dying without knowing one another, without communication among themselves. At times even the names of the inhabitants remain the same, and their voices' accent, and also the features of the faces; but the gods who live beneath names and above places have gone off without a word and outsiders have settled in their place. It is pointless to ask whether the new ones are better or worse than the old, since there is no connection between them, just as the old post cards do not depict Maurilia as it was, but a different city which, by chance, was called Maurilia, like this one.”*  
(Calvino, 1974, p. 30)









## ***living* Sauna #05 – [‘Deconstructed’]**

*In the courtyard of our university, the ‘Angespannte.’ The semester is concluding, and so the pressure is increasing. To not let the sauna turn into its opposite, a stressful burden, we turned the challenge into a chance and curated our first ‘deconstructed sauna.’ A sauna without a sauna oven – less can be more...*



**Elements we used in the ‘deconstructed sauna’**

- The sauna tent, but any kind of construction providing shelter will work
- Sauna towels and a light chain for a soft ambient
- Fragrances in a diffuser
- Essential oils applied on a hand fan
- Tiny pieces of wood to light up for a bit of authentic smoke smell
- A kettle with cold water for refreshing outside the tent, in between the ‘Aufguss’
- Books, stories, and creative ideas
- Dedication and curiosity



Some meaningful comments are being shared in the experimental 'deconstructed sauna,' just before we then actually deconstruct it.

*Date // 05/06/25*

*Location // Backyard of University of Applied Arts Vienna*

*Sauna // Borrowed sauna tent*

*Writer // Many anonymous voices*

*Sauna is always embracing us somehow, and I love this feeling. It's a little bit like in a womb, a very narrow space, where we are kind of naked and very sensitive – but grounded.*

*I like that it is kind of a 'deconstructed sauna,' and all of the elements are kind of there, but it's totally different – and I love that. I also really appreciate the fire and the smell of the wood. I think you did a great job. I really feel this 'deconstructed sauna.' Imagine, the last time I sat in a sauna was around 17 years ago on vacation in Sweden with my family. So all the olfactory and sensual memories, they all came back.*

*When I was studying Social Design, we founded the 'Uterus Collective,' and we always tried to create these kinds of cozy spaces in public spaces, and we somehow didn't manage. And now, it felt like coming home, bringing this old idea through your physical action to life with exactly all these qualities.*

*It's for me just that you just did it. There is this vague cloud of an idea, and you just put it into the physical reality. You could have dropped it eventually, but you just put out the tent, and you manifested it – this is a gift.*



The first chapter of *Dr gläi Brinz*, I read out loud in the sauna session. Surprisingly, many understood my dialect, hence when I spontaneously continued the story – freely and adapted to our setting – many laughed as I reached the punchline.



*“Won ich säggs Joor alt gsii bii, han ich emool e wunderbaars Bild gsee im e Buech über dr Uurwald, wo Erläbti Gschichte ghäisse het. S het e Schlange, e Booa, zäigt, won e Raubdier verschlunge het. Do isch d Kopii vo däre Zäichnig.*

*In däm Buech hets ghäisse: »D Boogas verschlugge iiri Böiti ganz, ooni si z verbissee. Drnoo könne si sich nüm-me beweege und schloofe säggs Mööned lang, bis si alles verdaut hänn.«*

*Ich ha sällmool schampaar viil über alles, wo me kaa im Dschungel erlääbe, noochedänggt, und es isch mer denn glunge, mit eme Farbstift mii eerschts Bild z zäichne. Mii Zäichnig Nummere 1. Die het esoo ussgsee:*



*Ich ha mi Maischterwäärgg de Groosse zäigt und ha si gfrogt, obs iine däät Angscht mache.*

*Si hänn gsäit: »Wieso söll uns e Huet Angscht mache?«*



*Mit Zäichnig het nit e Huet daargestellt. Es isch e Booa gsii, won en Elefant verdaut. Ich ha drnoo s Inneri vo dr Schlange zäichnet, drmits die Groosse besser könne verstoo. Immer bruuche si no Ergläärige. Mii Zäichnig Nummere 2 isch esoo gsii:*

*Die Groosse hämmer druffaabe groote, Zäichnige vo offene oder zuenige Schlange siizloo und mi gschiider für Geografii, Gschicht, Rächne und Gramatig z interessiere.*

*So han ich denn im Alter vo säggs Joor e vilversprächendi Karriere als Mooler uffgää. Ich bi dotaal entmutigt gsii, will miini Zäichnige Nummere 1 und Nummere 2 kai Erfolg ghaa hänn. Die Groosse begriffe überhaupt*

nie öppis vomeläi, und s isch für d Kinder aasträngend, iine duurend alles z erglääre.

Ich ha drum en andere Brueff miese wäale und ha Fluugzüügphiloot gleert. Ich bin e bitz üüberaal in dr Wält ummegflooge. Und d Geografii, das isch richtig, het mir viil gholffe. Mit äim Bligg han ich Kiina vo Arizoonä könne unterschäide. Das isch rächt nützlig, wenn me sich in dr Nacht veriirt het.

So han ich imim Lääbe viil Kontaggt mit eme Hufte äärnschthafte Lüt ghaa. Ich ha lang mit de Groosse gläbt.

Ich ha si vo noochem gsee, was mii Mäinig über si nit grad verbessered het.

Wenn ich öpper aadroffe ha, wo mer e bitz häller voorkoo isch, han ich s Experimänt gmacht mit miinere Zäichnig Nummere 1, won ich immer uffbhalte ha. Ich ha welle wüsse, ob me si wiürgglik kaa verstoo. Aber immer het d Antwort ghäisse: »Dasch e Huet.« So han ich denn nit vo Boos verzellt, nit vo Urwälder, nit vo Stäärne. Ich ha mi uff d Wällelengi vo miim Gegenüüber igloo. Ich ha vo Bridge gschwätzt, vo Golf, vo Bolitigg und vo Grawatte. Und men isch rundum zfriide gsii, e soon e vernünftige Mensch z kenne.” (Saint-Exupéry, 2016, pp. 7–9) ...

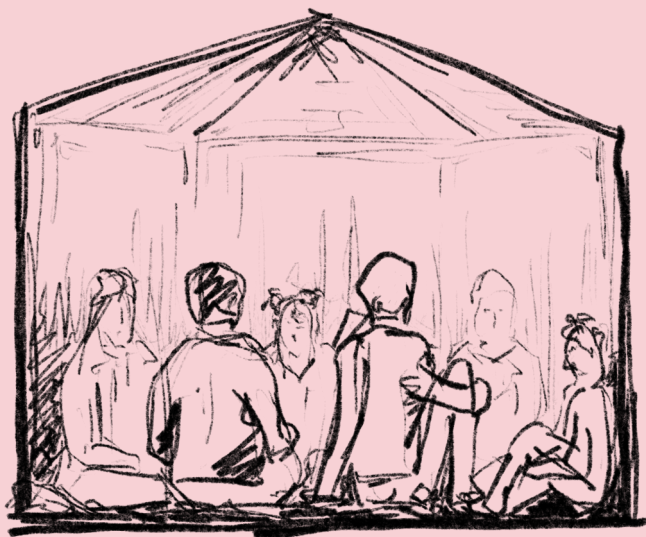
... Letschtens han I emene andere Groosse vo unserer Sauna verzellt. Er heds nid gschnallt. Dorum han ich denn e Zäichnig devo gmacht. Die hed esoo usgseh:



Dodrufaabe hed är mi ganz verwirrt aglueggt und gfroggt: »Das söll e Sauna sy?« Scho widdr wänn die aagäblich so vernünftige Erwaggsene wiederemol nüd kabbiere. Ich ha dorum eimol me mini Farbstift füüregnoo und agfange mini Gschicht mit emne lebändige Bild z untermoole. Doch wo ich die vertigi Zäichnig Nummere 4 präsentier, erwideret er mir, das isch jo no viel weniger e Sauna, fählt doch dr ganzi Saunaofe. E bizzeli meh Phantasie und Kind sy hed no niemerem gschadet und würd d Wält beschtimmt zumne schönere Ort mache.



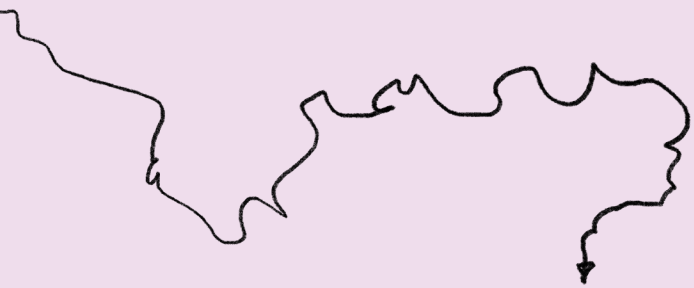






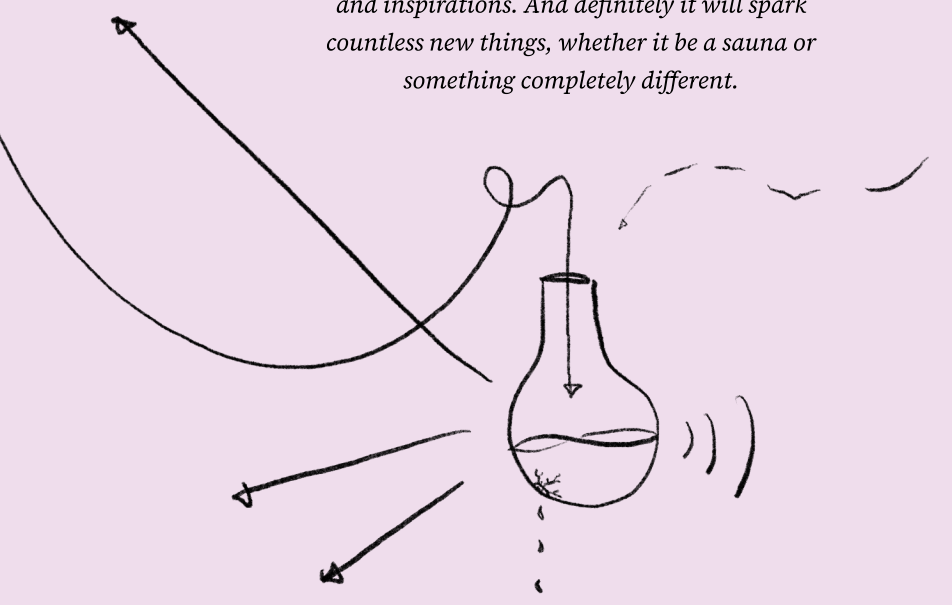
## PART THREE

*This part contains all our learnings, condensed and ready to wander as far as they become spread, sparking here and there something new.*



*Our sauna is neither the beginning nor the end point.*

*In its rhizomorphic character, it bases itself on hundreds of thousands of previous examples, ideas, and inspirations. And definitely it will spark countless new things, whether it be a sauna or something completely different.*



## The Sauna International

A container, platform, network, and movement to inspire people around the globe to embrace the many-sided benefits of doing sauna and to start new and diversify and improve existing saunas.

*“The idea is not to have the best sauna on the block  
but to get the entire block in the sauna.”*

*(Professor Harold Tier, President, Finnish Sauna Society)*

Let us share saunas and the wisdom around saunas!  
Limitless, generous, and without borders – laughing at the absurd capitalist concept of patents. It always was a common; let it become one again.

*„Throughout history, since humans have mastered  
fire, heat has been used to intentionally warm the  
body, ridding ourselves of disease and ill spirits,  
creating connection and bonding while fostering a  
sense of cultural identity and community.“*

*(Bro, 2022, p. 15)*

Our project is building upon many different experiences, but one is definitely to highlight: the self-made sauna by the ‘heissdrum’ collective in Basel. They came up with their own construction for a powerful oven. It is the beating heart of every sauna, and by providing this open source, it puts the value of sharing at the very center of the project.

This inspiring example of ‘heissdrum’ led us throughout our project and made it very clear: we are not building the sauna merely for ourselves, but for something greater. For the *Sauna International*.

*«Heissdrum ist ein wandelbares Konstrukt, in dem  
das gemeinsame Schwitzen in der Gesellschaft  
kultiviert wird.» (Heissdrum)*



## Sauna Manifesto

- Talk about sauna
  - Talk about sauna and spark a plurality of mesmerizing moments by doing and inspiring.
  - Dare to join, host, or build a sauna and ...
  - Follow the pleasure of doing what you love.
- 

- Sauna as a space for salvation, rituals, and community – similar to a church, but different.
  - Respect the boundaries – of yourself, of others.
  - Sauna is not a competition.
- 

- The sauna is a catalyst to your body
- Your body is the vehicle
- Arrive

*“Sauna on köyhän apteekki”*

[Sauna is the pharmacy of the poor]

(old Finnish saying)

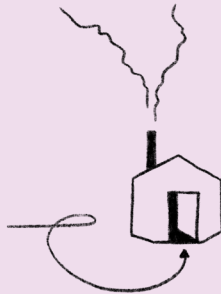


# Manual to Your Own Sauna

Three major approaches: *join*, *borrow*, and *build*.

## Joining a Sauna

No shame, not everyone has the necessary resources to come up with a sauna by themselves. If you do not have your own sauna, you can also host a sauna event in an already existing sauna that does not necessarily belong to you. This scenario we tried out in the public sauna of 'Jörgerbad' in Vienna, and I dare to say it turned out well and was a very meaningful experience for all of us, we the core team, but also the friends we invited, and maybe even regulars at the place with whom we interacted.



## Borrowing a Sauna

Following the dominant tendency of our time, we also started with the fixed idea of owning our personal and individual sauna. But this was just not the best-suited approach for our overall goal of actually focusing on the social part of the sauna, the hosting, the more immaterial. Therefore, investing first a lot of resources in the technical side would have been the wrong priority.

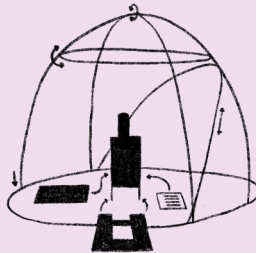
So we reached out in our surroundings and quickly found a suiting sauna. A compact and lightweight mobile sauna setup, containing a small wood-fired oven, an easy-to-build-up tent, and two self-made benches. It is compact enough to fit on two bike trailers or two cargo bikes. This opened up many options to also bring the sauna to distant places, such as the Donauinsel. And we could instantly start with our own sessions, testing and figuring out where our project may go and what our eventual sauna needs – all with barely investing money or time.



## Building or Buying a Sauna

It is a complex question of knowledge, infrastructure, requirements (both technical and philosophical), and, nonetheless, time and money. So often it is just the most reasonable option to buy one of the plenty of saunas available on the market.

If you smiled at the possible challenges mentioned above and want to pursue the idea of building a sauna, then I would like to encourage you to do so and may help with sharing some information.



# Manual to Extra-Ordinary Sauna Experiences

## Play With the Senses

- Visual: dimmed light; closed eyes; blindfolded; dazzling light
- Audio: silent session; collective humming or singing; playing instruments, sounds, or music; reading sessions
- Smell: only the odor of the wooden fire; (essential) oils on a hand fan; oils<sup>8</sup> on the sauna rocks (only diluted – danger of fire)
- Dumping sauna session – let's steam our food.

## 'Deconstructed Sauna'

- No sauna? No problem! Sauna, in its very essence, is a space with certain rules. The heat, the sweat, and the cold water seem an integral part of it – is it? How is a sauna without any of that? Let's do it.

## Artistic Ideas

- Turn the sauna into a *camera obscura*. An experiment applied by the 'heissdrum' collective, where the light source from outside gets channeled through a small opening and projected inside.

---

8 Trick: Different fragrances with only one water kettle by mixing it directly in the scoop.

- Overhead projector live and participatory performance, like Theresa from the *'Rhizomatic Circus Collective'*
- Magnify sound from inside the sauna to the outside or vice versa

### **Safer Space Ideas**

- FLINTA\* only, BIPOC only, or with allies
- Clothed sauna session for people who do not want to undress them for different reasons
- Sauna for only one person
- Body paint for messages, e.g., 'Reclaim the Sauna,' 'Drink water,' 'Check in with your self' 'Experienced bad things?' 'Talk to us'

### **Other**

- Massage with salt, mud, chocolate, etc.; gently hit each other with birch bundles
- Every sauna session is dedicated to a specific topic, like the example of *'Plateau blo'* in Gmunden, Austria.
- Think of different 'Aufguss' rituals

*„Sauna is a catalyst, a tool, to engage with people, to engage with strangers. I do not really like to drink or smoke for the social purpose, but sometimes I have to do it. Here, the sauna jumps in and shows what a healthy way for inter-human connection could look like.“ (Ilia Gromov)*

## Code of Conduct

The quite likely meeting of strangers in a very intimate way has a lot of potential, both positive and negative. Therefore, a code of conduct, an awareness concept, is highly recommended.

From the beginning on, it was of the highest priority to provide the safest space possible. Then not only we, but almost every other person to whom we talked had one, if not many, negative sauna experiences to share.

Here you find our own code of conduct we worked with. As you see, it grew and changed with the sessions. So be aware that there is no universal one fitting every situation. Take it as a chance to always reconsider it according to the specific situation.

**Code of Conduct – LS #01 – [Test Run]**

**Code of Conduct – LS #02 – [Private Party]**

**Code of Conduct – LS #03 – [Public Sauna]**

**Code of Conduct – LS #04 – [In the Nature]**

**Code of Conduct – LS #05 – [‘Deconstructed Sauna’]**



**Code of Conduct – LS #01 – [Test Run]**

*From the very first session in Franz’s courtyard 17/04/2025*

- Priorities**
- 1. Safety
  - 2. Fun
  - 3. Collecting Sauna Knowledge

**Health**

Listen to the needs of your body and follow them at any time.

Stay hydrated.

**Awareness**

Every interaction, physical and non-physical, must always be consensual. Respect everyone's boundaries.

## Code of Conduct – LS #02 – [Private Party]

*From our session at a private party in a courtyard 13/05/2025*

|            |                                                                                                                                                                                                                                            |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Priorities | <ol style="list-style-type: none"> <li>1. Safety</li> <li>2. Fun</li> <li>3. Collecting Sauna Knowledge</li> </ol>                                                                                                                         |
| Health     | <p>Listen to the needs of your body and follow them at any time. This is not a competition.</p> <p>Stay hydrated.</p>                                                                                                                      |
| Awareness  | <p>Every interaction, physical and non-physical, must always be consensual. Respect everyone's boundaries.</p> <p>Reach out to us at any time, both to get support and to give feedback. We are really open to learning and improving.</p> |
| Meta       | <p>We would like to document the session, but only with your agreement. Therefore, we will ask before and afterwards for your consent.</p>                                                                                                 |

## Code of Conduct – LS #03 – [Public Sauna]

*From our session in the public sauna of Jörgerbad 17/05/2025*

|            |                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Priorities | <ol style="list-style-type: none"><li>1. Safety</li><li>2. Fun</li><li>3. Collecting Sauna Knowledge</li></ol>                                                                                                                                                                                                                                                                                                                 |
| General    | <p>We try something out here, and ideally you are invited to immerse yourself fully into the setting and even take an active part in it by shaping it and coming up with new personal ideas.</p> <p>At any moment, leave the space if you have to or want to. Both the physical sauna space and/or the space of thoughts and dialogues. Everything we propose is optional.</p>                                                 |
| Health     | <p>Listen to the needs of your body and follow them at any time. If needed, ask for help. Respect your own boundaries; this is not a competition.</p> <p>Share the collective responsibility to also take care of the people surrounding you.</p> <p>Stay hydrated.</p>                                                                                                                                                        |
| Awareness  | <p>Every interaction, physical and non-physical, must always be consensual. Respect everyone's boundaries.</p> <p>Recurring “check-ins” are specific moments to express anything you have in mind. Feel free to introduce them also by yourself if you feel like you or someone else needs it.</p> <p>Reach out to us at any time, both to get support and to give feedback. We are really open to learning and improving.</p> |
| Meta       | <p>We would like to document the session, but only with your agreement. Therefore, we will ask before and afterwards for your consent.</p>                                                                                                                                                                                                                                                                                     |

## Code of Conduct – LS #04 – [In the Nature]

*From our session in the nature of Donauinsel 24/05/2025*

**Priorities** 1. Safety

2. Fun

3. Collecting Sauna Knowledge

**General** We try something out here, this is an experiment for all of us.

Feel invited to take an active part in this sauna journey by shaping it and coming up with new personal ideas.

Everything we propose is optional.

**The Sauna** Please be careful with our borrowed sauna.

Do not touch the oven or any metals in the sauna, and be careful with the open fire.

Take responsibility for the place where the sauna session takes place.

**Health** Listen to the needs of your body and follow them at any time. If needed, ask for help.

Respect your own boundaries. This is not a competition!

Share the collective responsibility to also take care of others.

Stay hydrated.

**Awareness** Every interaction, physical and non-physical, must always be consensual! Respect everyone's boundaries.

Recurring “check-ins” are specific moments to express anything you have in mind. Feel free to introduce them also by yourself if you feel like you or someone else needs it.

**Meta** Reach out to us at any time, both to get support and to give feedback. We are really open to learning and improving.

We would like to document the session, but only with your agreement. Therefore, we will ask before and afterwards for your consent.

## Code of Conduct – LS #05 – [‘Deconstructed Sauna’]

*From our ‘deconstructed sauna’ session at Angewandte 05/06/2025*

**Priorities** 1. Safety

2. Fun

3. Collecting Sauna Knowledge

**General** We try something out here, this is an experiment for all of us.

Feel invited to take an active part in this sauna journey by shaping it and coming up with new personal ideas.

Everything we propose is optional.

**Health** Listen to the needs of your body and follow them at any time. If needed, ask for help.

**Awareness** Every interaction, physical and non-physical, must always be consensual! Respect everyone's boundaries.

Recurring “check-ins” are specific moments to express anything you have in mind. Feel free to introduce them also by yourself if you feel like you or someone else needs it.

**Meta** Reach out to us at any time, both to get support and to give feedback. We are really open to learning and improving.

We would like to document the session, but only with your agreement. Therefore, we will ask before and afterwards for your consent.

## Outlook – Sauna Like Spaces

*Or how this project could go on ...*

One proposal could be to broaden the horizon even further. Inspired by our ‘deconstructed sauna,’ it would be interesting to find other things with sauna-like qualities. Also a process of reduction, but not to arrive at a more minimal sauna, but to capture the essence and use it as a research question to find these similar but different spaces, atmospheres, and vehicles.

A thing mentioned in a conversation was *theater bars*. The theater as space, where society is put in question, with a clear time frame coming with certain rituals, and an experience that may surprise you. And then the Bar, a space where people participate in and discuss society.

The *theater bar* is also about self-care, but in a social and mental way; it also comes with a special feeling or non-feeling of time; and it also has a certain repetitive character coming with more or less strict rituals.

–

*What resonates withing you  
thinking of sauna-like places?*

–

## World Wide *sauna* Web

To spread the words of sauna beyond the physical limits, we set up a website to distribute our collected knowledge and have the content *open access*.

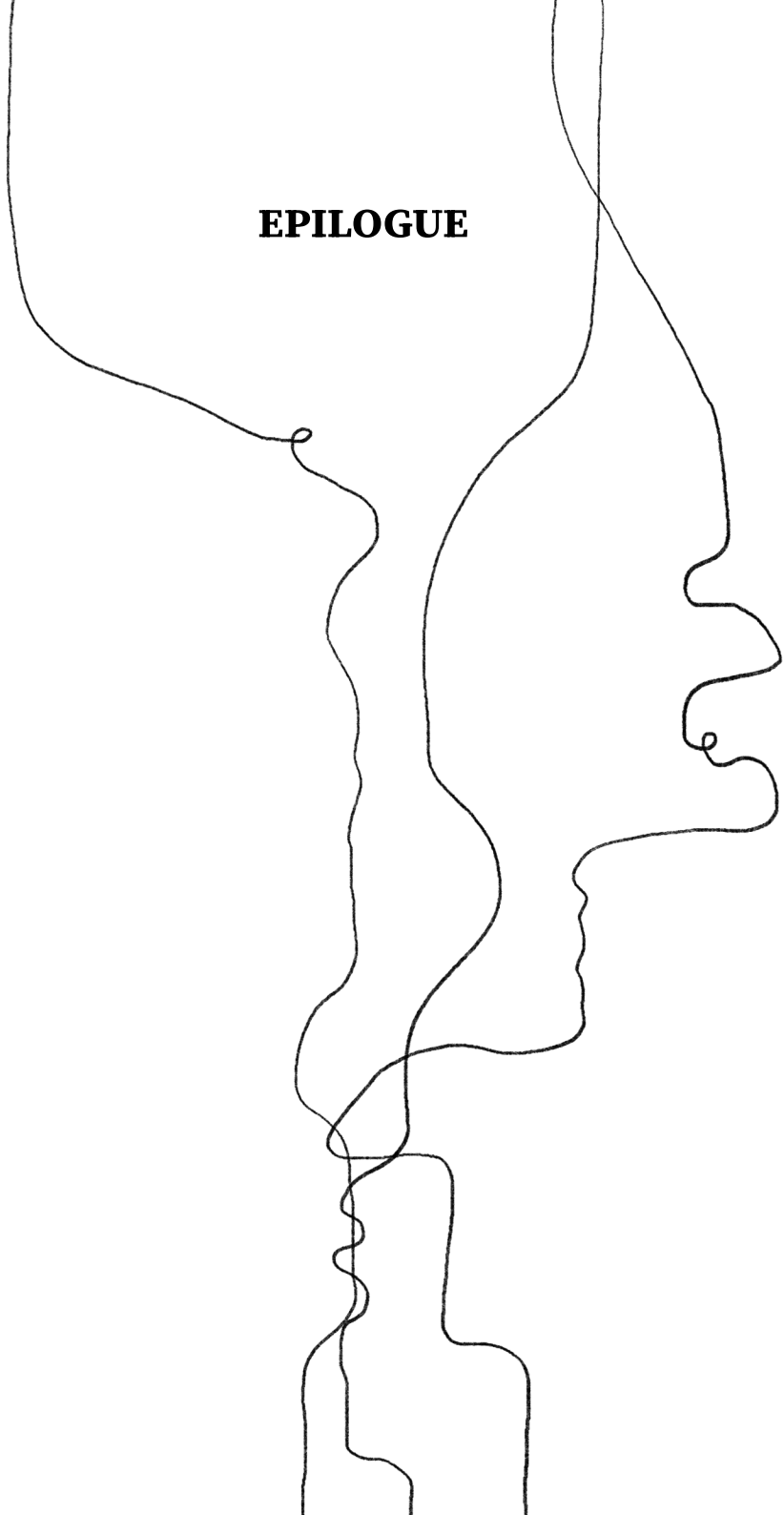
livingsauna.cargo.site

We apologize if one day the website should not be accessible any more. In this case, please write us an email to the following address – I dare to say that the digital mailbox will last longer.

livingsauna@systemli.org



# EPILOGUE



Karlotta starts writing blabiblub, Francis continues with blubiblab, and Ilia ads balbibubl. And even more voices find their way into this collective essay...

Today we had, once again, a very meaningful meeting. Besides getting things done, many sensitive things were shared - a wave of empathy was the response. Over and over again it is puzzling and mesmerizing what the sharing of otherwise hidden feelings and processes can open up. I cannot appreciate enough how much I value these sharing, and I want to enable every person in my surroundings to feel safe enough to share whatever they need to share and dare to put down the walls.

The sauna taught us a lot.

Durch ihren heißen Dampf, der uns so regelmäßig umarmte, wurden unsere Kerne immer weicher, die Poren immer offener. Vielleicht ließen wir einen Teil unserer gebauten Mauern - des Funktionierens, Arbeitens, fokussiert seins, unserer eingespielten Rollen - im Dunst dieser molligen Wärme zurück. Jetzt mauern wir sie Stück für Stück wieder neu zusammen. Haben viel gelernt. Sind einmal aufgeweicht, zusammengesackt, zerschmolzen. & jetzt kann aus dieser vielschichtigen Schweiß-Materie - zu der wir alle beigetragen haben, in die wir alle eingegangen sind - Neues geschaffen werden. Jetzt werden wir also doch noch zu Alchemist\*innen...

It is a shitty day. I am doing too many things at once, and it starts to be unbearable. I am clearly falling asleep, but my body is feeling weird, still running. I know Sauna can fix anything, but I only have 50 EUR to

share for the last days of the month, so I skip. The salary will be late anyways. I mean, in theory I could consider going to a public bath tonight, but at the same time I don't want to limit my choice of food for the next days. Something I planned on doing so many times already is to rediscover that half bag of red lentils that I haven't eaten since February. The last time I ate them, I got very sick the next day, which was most likely a coincidence. Since then I can't imagine eating them again. I have been really into whole wheat bread and corn-only bread recently. It is actually good with Flora and honey. Sometimes I also put strawberry jam instead, but I clearly prefer honey to anything. These days I don't put salt on top, but it can make things even better.

salt & honey. Your words hurt a little.

salt & honey. Let's bring them into the sauna the next time we meet there. Let them embrace our bodies, gentle & powerful - they will melt into our skin, flesh & bones - with joy.

& maybe heal.

I try to provide as much as possible trust and the honest, inviting gesture for sharing and presenting oneself also in a vulnerable state.

These are words, but they also have to be filled with meaning by enlivening them by deed. It is hurting to see certain issues recur, showing me that they remained somewhat unsolved.

If we try to provide a safer space in our hosted sauna sessions, we must not forget to aim this already in the process towards it.

Many things we deal with personally have a strong, structural, societal origin. The struggle is bigger, and therefore we also have to address it beyond the personal.

Haben uns viele offene Ohren geschenkt, das stimmt. & vielleicht haben wir genau damit jenes unbekannte Terrain betreten, in dem ein Mensch sich erst zurechtfinden muss - im „sich zum Ausdruck bringen“.

Üben, üben, üben.

Reinhören - einordnen - greifen - transportieren -  
formen - formulieren - nach außen geben.

& dann den Ball wieder zurückspielen.

üben, üben, üben.

When I lived in Finland, there was a sauna in the basement of the apartment block I stayed in. The booking system was simple - you wrote the apartment number in the corresponding time slot in the spreadsheet that hung on the door; the pencil was attached on a rope. There were about 4 time slots per day, all in the evening. I went to that sauna two times per week. There were also men- or women-only common sessions, but I always booked the sauna alone. Later, when I lived in a student block, I could book the sauna online. My friend asked me once if he should go to a sauna on a first date. I only went to the sauna on a

second date. Somehow, the sauna I was going to in the last months was actually my date's sauna, another one I went to with him every week. After we were not dating anymore, we invited our friend to join us sometimes. We would go out the back backdoor and jump into snowdrifts, three of us. In the end, I have never really understood how those saunas worked. I imagined there was a special person who took care of the space, but I never saw anyone. I have stayed longer every time, crossing the midnight and going upstairs late.

There might be invisible sauna angels [at night] ...

In den letzten intensiven Sauna-Monaten beschlich mich durchaus häufig das Gefühl, dass die Sauna also viel für sich selbst, viel für ihre beständige Hitze tut. Als würde sie - nach dem Anfeuern - von ganz allein weiter schwingen. Sie weiß genau, was sie tun muss. Wie selbstverständlich tut sie zu jeder Zeit genau das Richtige. Passt sich intuitiv den Bedürfnissen der Saunierenden an. Zumindest scheint es mir oft so. Als würden unsichtbare Kräfte walten.

- oh göttliche - oh Mutter Sauna!  
- dürfen wir deine Kinder sein?

„Sauna is a catalyst, a tool, to engage with people, to engage with strangers. I do not really like to drink or smoke for the social purpose, but sometimes i have to do it. Here, the sauna jumps in and shows what a healthy way for interhuman connection could look like.“  
(Ilia Gromov)

also dehydrating

also smoking

aber immerhin in derselben

Ursuppe schwimmend

"Sauna on köyhän apteekki."

Sauna is the pharmacy of the poor.

As an old Finnish saying goes.

Saunas, so many saunas. There are already many 'accessible public saunas' in Vienna. Why are you coming up with your own one? Have you heard of this other person at Angewandte doing a sauna as well? And the other group in the Malerei class, they have the same plans. Oh, and there seems to be even another sauna project at Akademie. Sauna here, sauna there, what is it all about?

Ist es nicht immer ein starkes Zeichen, wenn sich eine Idee, von verschiedenen Orten ausgehend - simultan - in Bewegung setzt?

Dann wird sie vermutlich in etwas größeren, bedeutenderen münden.

Sauna experience in Innsbruck  
(A report from a good friend)

After a hike in Innsbruck with a friend, we were really looking forward to a relaxing and revitalizing sauna for our muscles and minds in the evening.

An infusion at half past seven, the door is open and invites us in, and the sign "Aufguss" is hanging on the

door. By half past seven, the sauna has already filled up nicely, and the excitement that it's about to start increases. After a few minutes, there is still no infusion master. The sauna visitors begin to discuss the unexpected situation. It is decided that the door should be closed. Someone sets off to find the equipment you need for your infusion. Everything is quickly gathered, and two women have decided to give it a try and infuse to the best of their knowledge and belief and make the others sweat. First round: water with eucalyptus oil. The sauna fan is swung, the humidity and temperature rise, and rolls of hot, moist air swirl around the room thanks to the large swings of the fan. The question is asked whether everyone is ready for a second round. And again hotter and more humid, the two women take turns, giving their full attention and taking great pleasure in their work. A short break, then another call for a third round. Even more steam and the swirling and dispersed air in the room connect us.

An empowering sauna experience: self-initiative and the courage to improvise liberate the sauna guests who were initially waiting helplessly. And it turns out that with the right sensitivity for the group and the mood, it is easy to create a positive experience - regardless of whether you are a professional infusion master.

*In the end of every  
meeting we listened  
to one song beneath  
my table.*

*A 'weird' little habit I  
only did in solitude  
became a strong  
ritual during our  
project.*

*Thanks Team.*



Michelle Gurevich  
*Russian Ballerina*

To Rococo Rot  
*Die Dinge des Lebens*

Henning Sommerro,  
Eldbjørg Hemsing  
*Vårsøg*

Virgil Howe  
*Someday*

Najat Al Saghira  
*Bahlam Maak*

Taizé  
*Staňte Se Solí*



# APPENDIX



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thanks.  
little red greetings,  
francis.

*Simple and still, sauna is a sweet antidote –  
a revolution in a way, and a salve for our  
ever-growing feeling of loss in the face of  
change. (inspired by Bro, 2022, p. 10)*