

Into the Body

Overstimulated? Shift your focus to your own 'inner design' in this grounding space experiment.
Overprikkeld? Keer naar binnen in deze experimentele 'grounding space'.

Hosted by: Rombout Frieling lab

Project Information (EN)

Today's society is shaped to let us escape our feelings and pains.
We spend hours gazing at our phones, indulging in social media, losing ourselves in travelling, shopping, and endless events.

But in this constant preoccupation with the external, don't we forget the internal?
Aren't we living through a silent health crisis of the psyche?

I aim to design for the inner world:
To help us a little bit to get back Into the Body, away from the mind.

I create spaces that help us sense, process, and integrate what is happening inside. And I would like to weave these into our everyday habitat.

This space is a mini version of TRANSPHERE — an immersive experience that transforms the overlooked moments of waiting in metro stations into an opportunity for reflection and reconnection.

Projectinformatie (NL)

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Image List

Filename	Caption	Credit
output_1759523506.jpg	TRANSPHERE	by Rombout Frieling lab for RandstadRail and HTM
transphere-2_1759515543.jpg	TRANSPHERE	by Rombout Frieling lab for RandstadRail and HTM

The images above are included in the ZIP under /images.