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Furniture, objects, and spaces that foster nature and the natural human.



Phd project Abstract: In this PhD project I explore sustainable alternatives to traditional chair-desk setups within interior architecture and furniture design, inspired by the principles of deep ecology and ecosophy. Central to this research is the concept of the "natural human"—one who lives in harmony with nature and, consequently, in balance with themselves. Understanding the natural human is essential for recreating environments that fulfill our innate physical, mental, and spiritual needs in a modern world. This includes stimulating all senses, emotions, and cognitive mechanisms through meaningful interaction with natural elements such as light, temperature, wind, sound, and the changing seasons. In the project I examine how environments can be designed to encourage movement, connection to the earth, and the feeling of being alive in all sensory aspects, fostering orientation, safety, and community. I will also deal with the ergonomic chair paradox. Additionally, this research emphasizes the ethical sourcing of materials—harvesting and gathering in ways that respect the planet's capacity to renew itself, ensuring sustainability and harmony with nature.

Keywords: Deep ecology, ecosophy, the natural human, sensory stimulation, ecological materials, holistic design, furniture design.