



This portfolio is intended for potential collaborators in the fields of art, culture, well-being and experience design.

Embodied Rituals for Transformative Experience

H E D O N E



THE ART OF RITUALS

Hedone is an immersive artistic practice exploring ritual as a method for transformation — sensory, relational and site-specific.

"When science tells us that we remember through our senses, we ask:

How is the sensory body a landscape for transformation?

At Hedone, we design ritualistic journeys that soften the boundaries between body, landscape and meaning.

Not only to evoke experiences that linger — but to carve pathways toward relational sustainability, like ripples in water"

With warmth

Paullina Kloss

The Hedone Experience



Hedone is a method we have shaped through practice—rooted in artistic research, relational aesthetics, and a deep commitment to sensuous presence.

We create immersive, ritual-based experiences that unfold in the space between body and landscape. Each curated journey is a soft disruption of everyday life—an embodied threshold where something new can emerge.

Through sensory storytelling, mythological symbolism, and bodily guidance, each Encounter becomes a situated choreography—an exploration of how art can be created in the relational space between more-than-human connection and social interaction.

These moments are not performances to watch, but experiences to inhabit, moments of resonance that linger beyond the event itself. Hedone invites transformation—not as spectacle, but as subtle, sensorial re-orientation. Hedone is a sensuous method for transformation—through rituals, storytelling and bodily presence, we invite participants into a space of deep connection between body, landscape and myth.

Participant reflections from recent rituals

"I feel more grounded and emotionally open than before — more connected to the here and now."

"It opened me up to pleasure — a festival of sounds, feeling safe as I followed. I touched the edge with care."

The Hedone Method – and what It Does

Key Elements	Participants Benefit	Partners Benefit
Relational Sustainability: A regenerative practice that goes beyond the individual.	Carves pathways toward more sustainable ways of relating — to self, to others, and to the living world.	Strengthens sustainability profile with an innovative, science-informed approach to embodied transformation.
Site-Responsive Rituals: Every journey shaped by the place it unfolds in.	Invites a renewed relationship to landscape, material, history and presence.	Activates your location in unique, poetic, sensuous and memorable ways.
Sensory Disruption: An intentional break from the normal.	Disorients routine perception to create space for deeper symbolic meaning and embodied insight.	Offers guests a journey they won't forget — immersive, unexpected and deeply felt. A distinctive experience that stands out.



Facilitator Profile

Pauline Kloster is a Danish artist and cultural practitioner working with ritual, sensory aesthetics and transformation.

With a background as an award-winning journalist, she shifted focus from reporting global conflict to creating embodied, regenerative experiences. She has worked with the acclaimed performance group Sisters Hope and holds a Master's degree in Culture Studies from Roskilde University, where she specialized in ritualistic sensory journeys as a method for ecological, emotional and social change.

Pauline is the founder of Hedone, which was awarded Experiment of the Year (2022).

Selected Work & Recognition

- Sisters Hope – Artistic collaborator
- Center for the Prevention of Violence – Board member
- Rakkerpak Productions / Danish National Radio – Journalist & storyteller
- Winner of “Radio Documentary of the Year” (2022)– Copenhagen Radio Cinema
- Recipient of “Experiment of the Year” (2022) – For the Hedone method



Collaboration Formats

We offer ritualistic sensory journeys shaped in close dialogue with your space, intention and audience. All formats are grounded in the Hedone method:

Audio Rituals

Self-guided,
place-aware & digital.
For hotel rooms,
exhibitions, or events.
15–45 min

Intimate Rituals

Small group journeys
for deep engagement.
90 min – 1 day
8 per group
Up to 32/day

Large-Scale Rituals

Immersive formats for
bigger groups.
Up to 90 min
20–50 participants

In-Depth Experiences

Extended rituals for
deeper integration.
2–4 days
Up to 15 participants

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