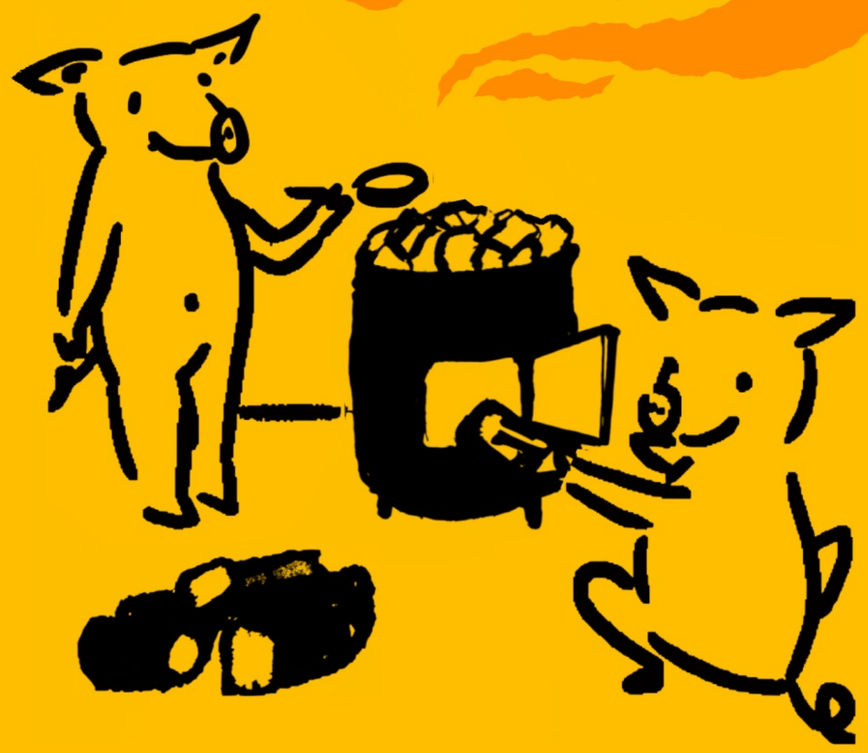
SAUNA-SPLASH 26



PROGRAMME APP

PROGRAM

Lageplan

Wellness Institutionen

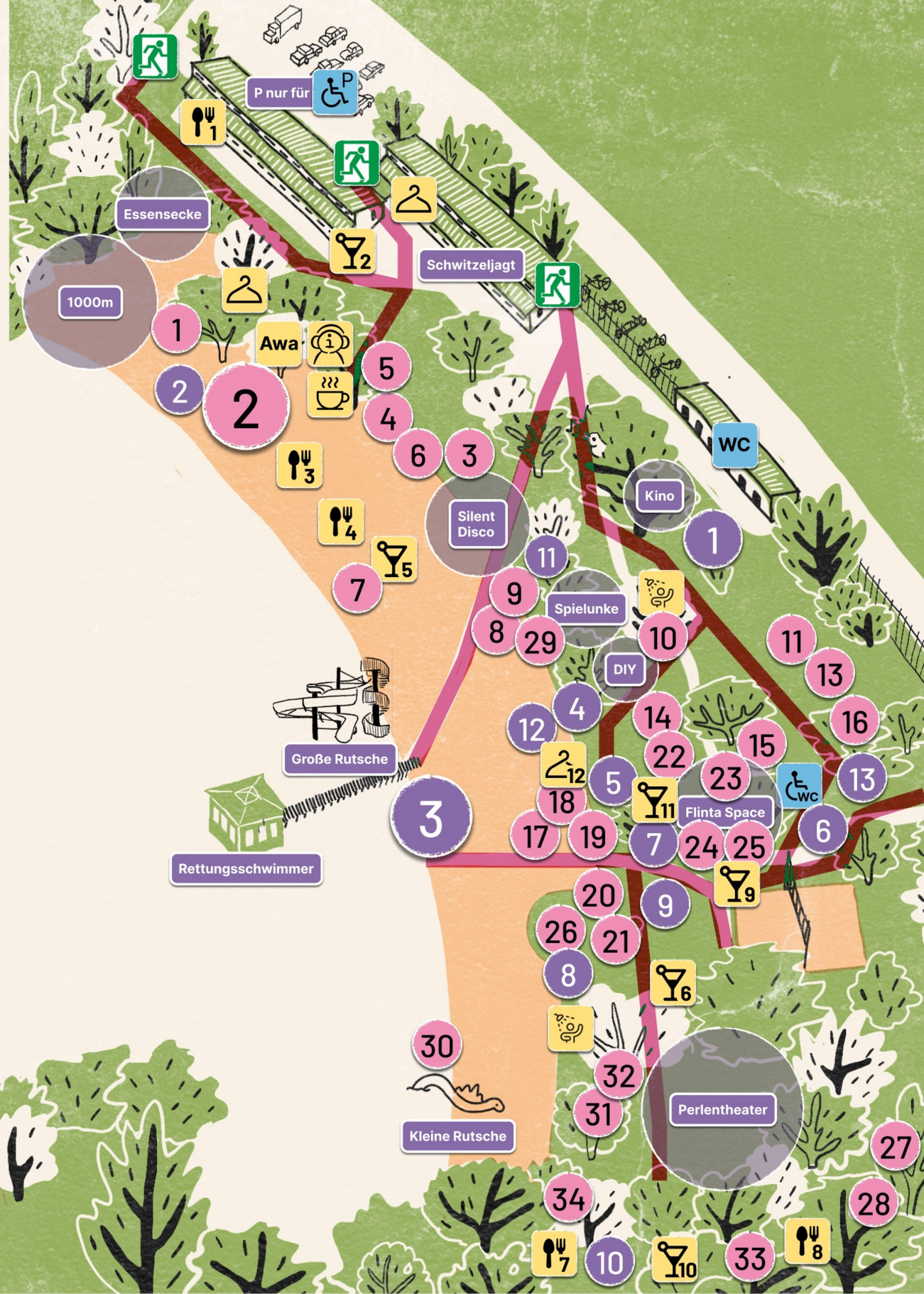
1. Polygon
2. Calma Ritualsauna
3. SuSi
4. Sweathleff
5. Hot Wheels Friedel
6. Schweißperle
7. Saunahoch13
8. nadanada
9. Kartenspiel-Sauna
10. Feuerqualle
11. Dresdener Dampfer
13. Jantes Saunabus
14. MoMo
15. Schwitzkasten
16. Helix Sauna
17. Salon Hechi
18. RoSa
19. Berlina
    barrierefrei
20. Zelt Saunaktikum
    barrierefrei
21. Saunaktikum
    barrierefrei
22. Penta
23. Carpet Bag
    barrierefrei
24. Mo. Saun. e.V.
    barrierefrei
25. Mobiba
    barrierefrei
26. Sahnerolle
27. Kollektiv SauNackt
28. Hyvä Löyly
29. Noams Denn
30. Schwitzhütte
31. Plattenbau
32. SweatX
33. PS
34. Treibhaus

Spaces

1. Massage
2. Zirkuszelt Calma
3. ZauberBAUkasten 3000
4. Bibliothek
5. Aufguss Station
6. Chillarium
7. Amore-versum
8. Tea Bubble
9. Aufguss Bar
10. Teeraum Sanvia
11. Rig
12. KussHaltestelle
13. Helix Jurte

Verpflegung und Infra

1. Foodforaction
2. Zum Schwitzkasten
3. Bleiberecht
   Beignets, Reis & Kochbananen
4. creperie de l'anarchie
5. TORPEDO BAR
6. EisEisBaby
7. Snackattack
   Galette & Kürbissuppe
8. PizzaPerle
9. Kleine Oase
   Tee, Kakao, Chai & Softeis
10. Schmusies
11. Limo Bar
12. Feuerwehr Kollektiv Wertsachengarderobe



Timetable Friday

Workshop | Live Music | DJ | Talk / Movie | Performance

SAUNA-SPLASH 26

Time	1000m	Perlentheater	Amoreversum	Chillarium	Kino	Massage	Other
13:00 - 13:30							
13:30 - 14:00							
14:00 - 14:30		14:00-16:15 Peter Alupka					@Silent Disco Radioprogramm Musik und Gespräche um das Thema Sauna
14:30 - 15:00			Acroyoga Beginner Workshop				
15:00 - 15:30							
15:30 - 16:00				when we use our voices, we are not alone: an interactive [toilet] singing session		Proper Hug workshop	
16:00 - 16:30					MESS - DIE SEIFENOP(F)ER		
16:30 - 17:00	10 Mark DJ Team	16:30-17:40 Athenaïs	Handpan Journey				
17:00 - 17:30				Abhishek			
17:30 - 18:00		17:50-18:40 Immersive Storytelling with Lôba	Gleiche Brust für alle				@Silent Disco Aerial Performance
18:00 - 18:30	Camillenfee B2B alefala				Der Plattenbau Poet	Zenthai Pulse	
18:30 - 19:00					Unverwuestlich Die Geschichte des Kunsthauses Tacheles		@Schwitzhütte Schwitzhütten Ritual
19:00 - 19:30		Clarks Planet		Chuck Norrish			Shared Aufguss & Scrub @Flinta
19:30 - 20:00	lissi de coco		Coco Renard				
20:00 - 20:30		20:20-20:30 Flowerboys				Massage Jam	Der Plattenbau Poet @Rosa
20:30 - 21:00	Ute Ungewiss B2B Seven Flowers	Dj MannyBoy			Hütten sind für Alle da		
21:00 - 21:30			Raphi				
21:30 - 22:00							

@DIY:

Siebdruck: Fr 15 - 20 Uhr; Sa 15 - 20 Uhr, So 15 - 20 Uhr

Filzhut Workshop: Fr 14 - 20 Uhr; Sa 14 - 20 Uhr, So 14 - 20 Uhr

Bademantel Extravaganza: Fr, Sa, So 13 - 19 Uhr

Timetable Saturday

Workshop | Live Music | DJ | Talk / Movie | Performance

Time	1000m	Perlentheater	Amoreversum	Chillarium	Kino	Massage	Other
13:00 - 13:30		Ciccio Fà(nk) & Leo					
13:30 - 14:00							
14:00 - 14:30			Oberkörper-frei?! Nipple-postkarten und Oberkörper-abdruck			Massage Jam, free exchanges	@Silent Disco Radioprogramm Musik und Gespräche um das Thema Sauna
14:30 - 15:00							
15:00 - 15:30							@Schwitzhütte Schwitzhütten Ritual; The Ginger Exp. @Schweißperle
15:30 - 16:00	strübi	15:30-16:20 Hannah Lore			Zusammen schwitzen! Geschichte der alternativen Sauna Kultur Berlins	Reflexologie	Multisensory Pop Up Sauna Exp. @Aufgussbar
16:00 - 16:30							Tanz dich froh Frühsport @Sahnerolle
16:30 - 17:00		16:45-18:00 MC Waldschrat	Häkelkurs: Peeling-Lappen für Körper & Seele				The Nettle Experience @RoSa
17:00 - 17:30	smiles				Smart Sauna		Duft erleben @Aufgussbar
17:30 - 18:00				Lila Veil		Breast Massage Zeremonie	Aerial Performance @Silent Disco
18:00 - 18:30		Sauna Game Show					Gefühle als Freund*innen @Bibliothek
18:30 - 19:00	Libra	WedelWorkshop	Sofsky		Ostkreuz		
19:00 - 19:30		Karmakind		Jaikom Dj set	Moabit Vice	Warm and cooling Salves	Shared Aufguss & Scrub @Flinta; Duft erleben @Aufguss-bar
19:30 - 20:00					Don Quichote		@Bibliothek Cosy Poetry Sharing
20:00 - 20:30	Herr Potpourri		Fulica Acktra		Einführung in die Demo Szene		
20:30 - 21:00						Massage Jam, free exchanges	
21:00 - 21:30	Ieen	Synechoes					
21:30 - 22:00							

@DIY:

- **Siebdruck:** Fr 15 - 20 Uhr; Sa 15 - 20 Uhr, So 15 - 20 Uhr
- **Filzhut Workshop:** Fr 14 - 20 Uhr; Sa 14 - 20 Uhr, So 14 - 20 Uhr
- **Bademantel Extravaganza:** Fr, Sa, So 13 - 19 Uhr

Timetable Sunday

Workshop · Live Music · DJ · Talk / Movie · Performance

Time	1000m	Perlentheater	Amoreversum	Chillarium	Kino	Massage	Other
13:00 - 13:30							
13:30 - 14:00						Free flow / Massage Exchange	The Ginger Exp. @Schweißperle
14:00 - 14:30		MONOKROM represents slomokrom.ai	Dein innerer Rhythmus - Atem. Bewegung. Ausdruck.				@Silent Disco Radioprogramm Musik und Gespräche um das Thema Sauna; Multisensory Pop Up Sauna Experiences
14:30 - 15:00				Sound meditation and tea ceremony			
15:00 - 15:30						Matcha clay mask ritual	@Schwitzhütte Schwitzhütten Ritual; @Perlentheater Mitmach Zirkus Spaß
15:30 - 16:00	letters from senneh	Handüx					
16:00 - 16:30		Joss - Percussion and drones	Sticken von Zeh bis Ohrläppchen		Build your own (community) sauna! Or help others realize theirs.		16:00-17:30 @Bibliothek Mann im Glas
16:30 - 17:00						Körperarbeit auf Augenhöhe: Shiatsu	
17:00 - 17:30	Ebicake	Running nose by Compagnie mouchoir		Yotta FM	Gangsta Rap		Duft erleben @Aufgussbar
17:30 - 18:00							
18:00 - 18:30		18:10-19:00 Radio Hoppengarten	Playfighting bring comfortable clothes		18:00-18:15 Eine kurze Geschichte des Widerstands (mit Arne Semsrott)		
18:30 - 19:00	M.OZA				Axe Vanilla		
19:00 - 19:30				Sound massage by GubbiAnn		Prayer of Love through Touch	Shared Aufguss & Scrub @Flinta; @Aufgussbar Duft erleben; 1000m Feuershow; 1000m Firejam
19:30 - 20:00	Greta Gère	Small Balkan Band					
20:00 - 20:30			WAYHNA		The Room (2003)		
20:30 - 21:00		Ciccio, Leo & Friends					
21:00 - 21:30	Moritzino					Free flow / Massage Exchange	
21:30 - 22:00							

@DIY:

- **Siebdruck:** Fr 15 - 20 Uhr; Sa 15 - 20 Uhr, So 15 - 20 Uhr
- **Filzhut Workshop:** Fr 14 - 20 Uhr; Sa 14 - 20 Uhr, So 14 - 20 Uhr
- **Bademantel Extravaganza:** Fr, Sa, So 13 - 19 Uhr

Saunas 1/3



Plattenbausauna (barrierefrei)

Plattenbausauna – relaxation behind the refrigerator door
Step through the refrigerator door and you'll find the Plattenbausauna. Originally from the circle around the 90Grad collective, this mobile sauna combines creative improvisation with genuine sauna culture and invites you to sweat, relax and catch your breath.
This year, the sauna is looked after by the FKK3000 crew (Fahrradkultur Kollektiv, or Bicycle Culture Collective). They're usually involved in bicycle culture and organizing the Freilauf Festival. For this weekend, though, the crew is swapping bicycles for sauna ladles and bringing soothing warmth and relaxed festival moments.

Berlina (barrierefrei)

Saunaktikum - Zeltsauna (barrierefrei)

Mobile Saunakulturen e.V. (für FLINTA*)

MOBIBA (für FLINTA*) (barrierefrei)

Carpet Bag (für FLINTA*)

PS

Saddle up—there's plenty of horsepower in the Aufguss Range. Not for the faint of heart—it's over 100°. The horses usually rest at 90°, but today we're heading out for a special ride at Sauna Splash—yeeeeehaaaaa!

SweatX

SweatX ist eine modulare Sauna für waghalsige Standorte. Konzipiert für die Eroberung der Dächer der Stadt, zieht die Sauna durch die Lande und treibt das Schwitzen auf neue Höhen. Die parasitäre Wellnesseinrichtung hat keinen festen Standort, ist jedoch öfters im Wedding zu finden.

Nadanada

Kollektiv SauNackt



Hot Wheels (Friedel)

We Kiel locals converted our sauna caravan, "Hot wheels-Friedl," with a lot of love. The beautiful woodwork gives it a warm, cozy atmosphere and makes every sauna session a special experience.



Kartenspielsauna

Here you'll find a cozy, morzh-style tent-sauna atmosphere and a chance to try familiar and new card games during breaks. The card-game sauna has no permanent home, so you can't visit it at a fixed spot in the city.



SuSiSauna – die mobile Sauna in Hamburg

SuSiSauna adds to the emerging Oberhafen district in Hamburg's HafenCity. Self-organized and donation-based, it welcomes everyone to enjoy a sauna. SuSiSauna is the little sister of the Zunderbüchse in Wilhelmsburg.



Calma Ritualsauna

The ritual sauna is part of the Calma project in the garden of about blank. The sauna is a geodesic dome with room for up to 25 people to sweat. Look forward to hot sauna infusions and a very special atmosphere.

Saunas 2/3



Sweathleff

Inspired by Rostock's Schweißperle, someone decided at Sauna Splash 2023: "Berlin needs a caravan sauna too." A few months, a lot of sweat and a Dethleffs caravan later, Sweathleffs Sauna & Spa was born. For about a year now, Sweathleff – affectionately known as Sweaty – has been a regular at Berlin's 90° Space, warming the hearts of local sauna enthusiasts. As a brainchild of Sauna Splash, Sweathleff is especially excited to bring the heat to this wonderful event itself.



Schwitzkasten

Noams Denn

I built this sauna with leftover materials from other projects and a lot of love. It is a mobile sauna that can be transported on a standard trailer.



Rosa – die rollende Sauna

The Mercedes 814 truck used to transport horses; today it's RoSa, the rolling sauna. It brings hot steam wherever people gather and is always happy to visit Saunasplash.

Salon Hechi

Our mobile sauna is built from recycled materials, whether gifted, discarded, or bought second-hand. We enjoy bringing old things back to life while creatively and cost-effectively solving technical problems. And it's sustainable too.



Feuerqualle

Inspired by trips together through Finland and Sweden, we had the idea of making sauna experiences possible without a fixed location and as an accessible part of everyday life. The project brings together shared commitment and friendship – creating a special place for spontaneous sauna gatherings on the coast around Flensburg.



Saunahoch13

Saunahoch13 has been a fixture of sauna culture in Berlin's Wedding district for over ten years. For greater mobility, it also has a twin. There's room for up to 12 people.



Sahnerolle

The Sahnerolle got its name from its shape, but the name also suits the sweet atmosphere that tends to spring up around it. A remnant of the "Swedding" sauna operation at Plötzensee, this professional sauna has seen a lot. It has plenty of room for large sauna infusions and a crew that loves it dearly. The Sahnerolle loves being wherever sauna activism is happening in Berlin – whether as a protest sauna to save the SEZ, at the heart of the "Frühlingsschwitzen" sauna festival, or outside the Finnish embassy. The Tonttu, the Finnish sauna spirit, is particularly fond of living in it.

Schweißperle

First at Saunasplash in 2021! A sauna project by Carlos from Rostock. With great attention to detail, he converted this caravan to bring you lovely sauna moments almost anywhere. He sold the sauna quite a while ago, but for the Splash the two are celebrating a reunion.

Saunaktikum

Saunas 3/3



Dresdner Dampfer

Inspired by cold nights in hot places in northern Europe, the Dresdner Dampfer was created in 2019. After several years as a fixture in Dresden's community gardens, the sauna has recently become more mobile again and can be found more often at different locations in and around Dresden.



Jante Saunabus

Jante Sauna began operating in 2023 (its construction was originally part of another project that raised donations for a further sauna). Since then, the sauna bus has aimed to promote sauna culture as a contribution to health by offering sauna sessions throughout Schleswig-Holstein. Equipped with a powerful 31 kW stove, it produces intense, dry heat. The sauna was built into the rear of a former Bundeswehr Mercedes T2 711D and created through reuse.



Hyvä Löyly

The Hyvä Löyly sauna (Finnish for "good steam") made its debut on New Year's Eve 2023 in a garden in Eberswalde, where we managed to heat it to a cozy 40°C. After numerous improvements and a larger stove, real beads of sweat finally appeared on sauna-goers at Saunasplash 2024. We're delighted to be back with our "hobbit hole" this time too.

Helixsauna

helixsauna is more than a mobile spa. It's an invitation to pause and experience the moment fully. In a variety of settings, we create unique spaces for well-being that engage the body, mind, and senses alike. Our guiding idea: "Experience well-being up close."

Schwitzhütte

You could think of the sweat lodge as an ancestral sauna. The earliest finds date back to the Stone Age, and sweat lodges existed in Europe too. There will be three rounds in the sweat lodge, with the door opening between rounds and drinks provided. We'll mainly sing German songs. Feel free to bring an intention, or simply enjoy the shared space and ceremony.
We'll gather at 3 pm to settle in and get to know each other. At 4 pm, we'll sweat together for about 1.5 hours. Afterward, there will be time to come back to earth and a short closing circle.
If you like, you can also join us at 2 pm when we bless the stones and light the fire.
Hola Ho, and happy sweating!



Polygonsauna

Half tent, half dome, and built from recycled materials: the Polygonsauna comes from Berlin and gets properly hot, reaching a Finnish-style 90°C. The team is happy to share its DIY know-how. Everyone is welcome: the barrier to entry is low, but the heat isn't.

MOMO SAUNA

First at Saunasplash in 2023! MoMo is a mobile, modular pop-up sauna in Berlin. It's open to everyone who enjoys a sauna and transforms vacant urban sites into public places where everyone can feel good.

Treibhaus

The greenhouse is still a delicate little plant and made its debut at the Sawmill Festival 2026. The transparent exterior creates a different atmosphere in the sauna at any time of day.



PENTA

16 pentawatts of stove heat: if you like it really hot, you're in the right place. PENTA was created in Lüneburg, inspired by MoMo. Lately, the two have often been seen together in Berlin.

Showertower

72h Shower of power

Spaces 1/2

Tea Bubble

Kusshaltestelle

The most beautiful stop on the site! Come with a friend, stand on the steps until you see each other in the eyes, and then hold on during the ride – at perhaps the only bus stop where you hope the bus never arrives.

ZauberBAUkasten3000

FLINTA - Space

Step into the FLINTA* Sauna Space – a warm and welcoming place to slow down, breathe and reconnect with your body. Enjoy our 3 saunas, cool off under the outdoor shower, relax by the fire or get cosy inside the warm dome.

This space is created by and for women, lesbians, inter, non-binary, trans and agender people. Come as you are, respect each other's boundaries and help us create a space where everyone can feel comfortable, safe and free.

Sweat, rest, connect and stay as long as you like.

1000m

Come and dance with us – just a "1000 m" stroll to the coziest dance floor around. The 1000 m collective and other DJs bring you electronic sounds from downtempo to disco: let's get loose, catch a wave, cool down and shake our bodies all up again. Clothes? Optional. Good vibes? 1000 % guaranteed.

Perlentheater

Perlentheater: a stage with no favourite genre and plenty of room for all of them. DJs, live acts, wonderful sounds, beautiful noises and unexpected moments all get their turn. Expect musical plot twists, questionable dance moves and the occasional "wait... what is happening?" moment. The Perlen Theater is where different sounds and people collide, things get a little unpredictable, and somehow it all makes perfect sense.
Cozy, warm, intimate, fun, dreamy... sweaty!

Silent Disco

Grab a headphone and carry the party with you: Channel 1 and Channel 2 keep you locked into the music stages, so you're never far from the beat. But it's Channel 3 that makes this truly one of a kind: an exclusive radio broadcast streaming live, straight from the Saunasplash, with content created right there on-site as it happens. Just three channels of sound that let you move freely across the entire grounds, from the dance floor to the sauna and back again, always plugged into something happening right now.

Kino

A cosy platform to listen to talks & readings, watch documentaries & movies. A space to be thrilled about stories, history & the alternative scene or learn about creating saunas!

Amoreversum

The AMORE VERSUM Jurte is your home between the saunas: a warm, playful sanctuary filled with workshops, music, soft corners, and magical moments. Meet new friends, dance, or simply arrive, breathe, and stay awhile. A place to reconnect: with yourself, with others, and with the festival.

Chillarium

Somewhere between a cosmic living room, a grandma's magic carpet and a spaceship with excellent taste in music. Enter. Recline. Listen. Drift.

Massage

Under the guidance of a facilitator team and space carers, the Massage Workshop Tent is a space for people to connect to eachother and to themselves through platonic touch, and learn new ways of being relaxed and connected to their body. You can come to learn diverse massage techniques and tools, to feel nourished through touch and give eachother space to simply be. From Shiatsu, to matcha mask clay rituals, yoni steam and heart centered touch, you will have a space to learn more about receiving and giving touch, or simply come during the open space and massage jams to practice your own magical touch.

Spielunke

Take a break, grab a game, and let the good times roll.
From shuffleboard to table tennis and everything in between, there's always a challenge waiting. We're happy to host the wood engraving workshop on Friday, starting at 3pm.

Schmusies

Welcome to the Schmoosies! Your favorite juice bar serves up delicious smoothies with a side of luscious tropical sounds. Alongside our legendary smoothies and Schmusies, look forward to fruity daydreams and make yourselves at home in our Schmusy tent whenever you like... Stay juicy!

Bibliothek

The library is a place to browse books in peace or send a postcard. Feel free to bring books to share, or take one from the shelf to finish reading at home.

Kusshaltestelle

The sweetest pit stop on the site! Come at least in pairs, get eye-level on the steps, and then: hold each other tight during the ride at probably the only stop where you hope the bus never arrives.

Feuerwehrkollektiv Wertsachengarderobe

We are a group of regenerative activists:

- Representatives of integrative business ethics
- Optimists
- Kind, nice, and actually quite charming

Spaces 2/2

Aufgussbar

Sauna Infusion Bar – explore scents, understand the sauna

At our sauna infusion bar, you'll find a selection of infusion blends, natural scrubs and fragrant herbs for an extra-special sauna experience. Discover fresh, spicy or soothing aromas, chat with other sauna fans and find your personal favorites.

Many of the scents and treatments on offer can be tried out in the saunas afterward, provided everyone present agrees.

We also offer short workshops (about 15 minutes) several times a day. Among other things, you'll learn what happens in your body during a sauna session and an infusion, why the heat feels different during an infusion, what role your blood vessels play, and how heat, cooling down and rest work best together.

No registration needed. Just drop by, join in and learn something new. 🌿🔥💧❄️

"Felix Bonowski wandleuchten"

I fell in love with the possibility of creating architectures of glowing walls by laser light. unfortunately, it turns out to be nearly impossible run a laser scanner that shines into an audience accessible area without constant supervision for safety reasons.
As a reaction, I built 9 high power (1W) lasers equipped with special lenses that shape the light into a line that is inherently safe after a moderate distance.

Why Not?! Experimental Sauna

Sauna, but make it different.

We are Why Not?!, a crew of curious humans turning up somewhere around Sauna Splash with experimental, multisensory experiences designed to make you feel, play, participate and occasionally question your decisions.
Expect stinging nettles. Colorful body-paint scrubs. Musical sauna games. Unexpected encounters, Ginger Experiences (for the brave ones) and much more.

No fixed location. We pop up here, there and wherever things could use a little more chaos. Part playground, part collective experiment: everything we do is an invitation to join in, get curious and experience sauna beyond the usual. Find us. Join us. Why not?!

CALMA Saungarten

We want to celebrate our debut at SAUNASPLASH26 with you, because on October 17/18 we're opening the first larger sauna garden in anti-Vabali style, right by Ostkreuz in the garden of ://about blank. Whether it's a sound journey, meditation or an infusion in the original Finnish tradition that'll leave your ears glowing, our sauna masters are here to pamper you. Unfortunately, we couldn't pack our 6 m-high Spa-Ship Tower, but you can experience what is probably the largest mobile sauna at the Splash: a dome with room for up to 30 guests and plenty of space for spectacular towel-waving shows.

Teeraum Sanvian

Find your calm again with a cup of tea or a homemade herbal blend, and get cozy in our warm tent. Try tea from 200-year-old tea trees or heart-opening herbs that help you dream clearly. There will be occasional tea ceremonies. If you like it here, we'd love to welcome you to our tea house at Winsstraße 58 (Prenzlauer Berg) after the festival.

Postkarten-Station (in der Bibliothek)

Who would you like to send a card to? Your grandma? A pen pal you haven't written to in ages? Or your brand-new festival crush? Get creative with us and send your masterpiece straight away. Make a card, lick and stick on a stamp, and we'll take care of the rest. We can't wait to see you :)

Kleine Oase - Schlürf dich warm

Tucked away amid the bustle of Sauna Splash, like a warm clearing in the woods – or, with all this heat, perhaps more like a life-giving desert spring – lies the Kleine Oase: sip your way to warmth.
Delicate clouds of steam rise from fragrant kettles in our cozy Chillarium as you unwind in soft light. Here, you don't just drink: you sink into warmth, stillness and aromas from around the world.
We offer a lovingly curated selection of teas, spicy chai, invigorating chaga mushroom tea for anyone looking for a boost, and rich ceremonial cacao for the soul.

Love Foundation

Werk:Stadt

A Potsdam collective for transformation and making things together: We rescue discarded materials and building supplies and give them new life. Through construction projects and workshops, we share knowledge and craft skills, support local circular economies, and show that change begins with what is already there. You can see this in the Perlentheater at the Splash.

FKK3000

This year, the FKK3000 crew (Fahrradkultur Kollektiv, or Bicycle Culture Collective) is looking after the Plattenbausauna. They're usually busy with bike culture and organizing the Freilauf Festival. But for this weekend, the crew is swapping bicycles for sauna ladles.

Programme

Live Music

Karmakind - Community Version

Perlentheater

A sound cosmos of fire and flow: electro beats, loop station, guitar, flute and more – a vibrant electro-acoustic soundscape blending polished tracks, steamy interactions and a healthy dash of experimentation. Music as an experience – to dream, dance, feel and simply be. We dive into rhythms and sounds that connect. With us, energy doesn't just drip in pearls of sweat but flows in shared moments. Here, we create together. If you already know us, get ready for some fresh tracks we've been cooking up ❤️ Can't wait to see your sweet-sweaty faces!

Percussion and drones

Perlentheater

Joss Turnbull works with Southwest Asian percussion and electronics to create minimalist and dense soundscapes. A percussive journey of another kind.

MONOKROM represents slomokrom.ai

Perlentheater

Fuck AI. Nobody needs that shit. In the case of slomokrom, AI means All Improvised. 100% human. 100% real. 100% in the moment. An all-improvised set of downtempo grooves. What you will hear has never been heard before and will never be heard again. Follow us on an unknown adventure and let yourself get carried away by deep, melodic rhythms.

CLARKS PLANET

Perlentheater

CLARKS PLANET flies through an avant-garde pop landscape in a blinking electric-guitar spaceship. Singing with the whole body and carried by subterranean synths, CLARKS experiences sensual moments on traffic islands, conducts an orchestra of long-eared owls, gets heartbroken by society and laughs at powerful men. Patriarchal crusts crack open, and underneath: vulnerability, connection – something soft.

Small Balkan Band

Perlentheater

The Small Balkan Band weaves together traditional Balkan, klezmer and folk music influences with contemporary arrangements, creating a dynamic and soul-stirring experience. Their performances are driven by infectious rhythms, emotive melodies and a raw energy that leaves a lasting impression.

Hannah Lore

Perlentheater

Together with her fellow musicians, Berlin singer-songwriter Hannah Lore (vocals and guitar) creates a sonic oasis where neo-soul and indie elements meet. Her debut EP "Butterfly", released in early 2026, shows the different facets of her sound: some songs are beat-driven and invite you to dance, others are gentle, introspective and dreamy. Live, Hannah performs as a trio with electric harp and multi-part vocals.

Synechoes

Perlentheater

Synechoes is a live electro project. Jules blasts beats, sings and raps, while Zuzia floats above it all with vocals and flute. Together they cook up a mix of house and classical, hip-hop and Neukölln Schlager, jazz and hyperpop. Against machos, against Nazis and for life!

MC Waldschrat

Perlentheater

MC Waldschrat brings good vibes! Expect reggae and hip-hop vibes with guitar, vocals and rap – and socially critical lyrics, because good vibes alone would be fake.

Radio Hoppegarten

Perlen Theater

We make songs in German for listening, dancing, laughing and crying. We know a thing or two about sweating as well - after all, we traditionally perform in original jockey outfits.

Abhishek

Chillarium

An improvised live set blending electric guitar, digital synthesis and Ableton electronics. Shifting between moody textures, ambient soundscapes and impressionistic melodies, the performance explores the space between organic guitar tones and evolving electronic sounds. Each moment is shaped live, allowing the music to unfold spontaneously and intuitively.

Yotta FM

Chillarium

Live pedal steel guitar and electronics. Deconstructed country: new-age aquatic soundscapes – sparse, glacial, cosmic eclecticism.

Chuck Norrish

Chillarium

After challenging time and space with a single roundhouse kick, Chuck decided to take a break from the outer world to find some peace in the stillness of his mind. Chuck was astonished by the beauty of theta waves! How powerful these frequencies are! Without a touch, they can move your body and your soul! This fall, Chuck will bring them to you. Chuck will put you in the right Moog. In rest he trusts.

Lila Veil

Chillarium

Dive into your dreams - with her handcrafted music, a mixture of organic sounds of guitar, keys and vocals, with a touch of analog synthesizer textures - Lila Veil takes you into the loops of dreams and memories. Her sound, best described as ambient indie-folk, fuses the traditional music of her Georgian heritage with contemporary tones.

Sonnenschein&Regenpogen

Perlentheater

Relax with a hot drink during our soothing performance, full of pressure-free invitations to tenderly dissolve performance pressure and other private-to-political problems. It's going to be veeery sweet, colourful and cool here 😊 Prolly & Disse: a cover band made of two thirds of Karmakind plus other post-professional figures from the contemporary music scene. Inhumanly close, cosmically smudged, quirky, fragile and driven by the desire for a sufficiently complex yet accessible portrayal of states of mind, this festival-seasoned live gang sets out on the long journey of happiness. A few insights: there's often accordion, electric guitar, double bass, violin, feelings, viola, flute ... See you soon, you sweet little earworms <3

Programme

Movie

Louis Theroux`s weird weekends: Gangsta Rap

Kino

Louis Theroux's Weird Weekends: Gangsta Rap
Louis travels to New Orleans to see if he can make it as a gangsta rapper. Along the way, he gets tips from Mello T, Master P, and Q-T-Pie. He visits the studios of Forefront
Entertainment, which specialize in rap and black hardcore porn, and watches as they shoot their latest film. Reese and Bigelow help him write some lyrics, and Sean Brock from Pen & Pixel designs an album cover for him. Finally, he appears on the Wild Wayne Show for a rap challenge.

Moabit Vice

Kino

They're two seasoned Miami cops—but in Berlin-Moabit, they don't stand a chance.

Don Quichote

Kino

The hero from Cervantes famous novel is "riding" through the city of Brussels with his knave Sancho to find a missing princess. When they encounter this lady in the park, Don is believing, to have found her, but Sancho has his doubts about the identity of this woman.

Ostkreuz

Kino

Portrait of a Train Station · 2005–2007. Both loved and hated, Berlin's Ostkreuz station was, in 2006, a massive, permanent makeshift structure—nicknamed "Rostkreuz." With tar-paper roofs, worn-down steps, 100-year-old bridges, and technology dating back to the 1920s, it was more reminiscent of a living open-air museum than of Germany's busiest S-Bahn hub. It had no elevators or escalators, but plenty of patina and improvised charm.

The Room (2003)

Kino

The Room (2003) The Room is the black comedy nobody asked for—and yet it works. 117 minutes of pure, unintentional brilliance, in which every line is a joke nobody wrote. No script. No direction. Just the absolute, relentless sincerity of a man who doesn't know any better. For everyone who believes in black humor that wasn't planned.

Running nose by Compagnie mouchoir

Perlentheater

Achi achi. Oh, ah, tada. A non-verbal journey through the daily struggle of snotty tissues.

Zusammen schwitzen! - eine unvollständige Geschichtee der alternativen Sauna Kultur Berlins.

Kino

The sauna as a gathering place is experiencing a renaissance. Alongside the mass saunas of the Vabalis of this world, a new alternative sauna scene has established itself in Berlin. But how did this come about? Why did the alternative saunas opt for the "Finnish model"? Is the sauna a break from capitalism? In 2017, FIT-Sauna, Hoch 13 and El Cameon came together at HEDO for the first wellness space with a fire-heated monster hot tub. This encounter gave rise to the first Sauna Clash – and that, in turn, to the first Sauna Splash. A short look back at 10 years of sauna history: from HEDO to Clash to Splash, from the legendary Swedding by the lake to the Neukölln allotment idyll Tontoo. Berlin's alternative sauna scene is active and keeps reinventing itself with new ideas and people. How do activism, health and community come together here? What sets the alternative sauna scene apart from other saunas in Berlin? How political is sauna? How much towel-waving is necessary? Christian occasionally helps out as a host at Hoch 13, also goes to the sauna in Estonia and runs the supporting programme at Deutsches Theater.

Unverwuestlich - Die Geschichte des Kunsthauses Tacheles

Kino

UNBREAKABLE – THE TALE OF THE ART HOUSE TACHELES. Documentary, 2012, 104 min. A documentary about the last anarchic artists' bastion in the centre of Berlin and the turbulent history of a building closely linked to German history and the history of a divided city. For one and a half years, the artists' struggle against imminent eviction was documented. The film also features numerous archive materials, starting with the construction of the building as a department store in 1908, as well as eyewitness accounts. At its heart is the founding idea of the art house, which originated with the East German free jazz group "Tacheles".

Einführung in die Demo Szene

Kino

Introduction to the demoscene. Born out of the cracker and BBS culture of the 1980s, scene demos still represent the cutting edge of the art and beauty that can be coaxed out of computers with a great deal of technical finesse. In this session, you'll hear a little about the scene, but above all see a rainbow of amazing demos – a real visual and acoustic treat with plenty of aha and WTF? moments. Warning: flashing and flickering lights and loud sounds – if you can't handle that (right now), please take care. The few introductory sentences will be in German, but you don't need any German to enjoy the main attraction: the demos.

Programme

Talk / Reading

Der Plattenbau Poet

Kino & Rosa Sauna

With a big mouth out of the plate, Tom knew early on how to harness the power of words.
As a child of the working class, born and raised in East Berlin, he only found access to literature and the poets and thinkers of this country late in life.
And yet, it feels like fate to him to now explore the worlds of poetry and make his modest contribution.
As a child of a worker, it is a profound concern of his to also reach those whose shelves are not full of books - whether in word or theme, he wants to be always poetic yet always understandable.
His texts aim to move, rouse, entertain, enchant, and touch. To connect, not divide; on an equal footing and not from above; authentic and not contrived.

Axe Vanilla

Kino

In this multimedia reading, Ann Esswein and Sebastian van Vugt take you back to the time of first times, between 15 and 18, when everything changes, fizzes, is exhausting and incredibly exciting – all at once. It smells of AXE Alaska and Impulse Vanilla, and mix CDs full of sad love songs spin in anti-shock Discmans, warming the first broken hearts. This is also when their novels "Jahre ohne Sprache" (Ecco) and "Die Zukunft hat Heimweh nach der Jugend" are set, from which they will read. An evening as a visual, musical and literary flashback to the teenage years – with songs from the early 2000s.

How to Smart Sauna

Kino by: Basie und Janik

A look behind the scenes of the mysterious Smartsauna – the only sauna that exists purely in the digital ether. It shows us a live chart of all sauna temperatures and humidity levels, and sometimes the smart temperature too. But what is that, how does it work and where has it been? Let's take a trip into Aufguss cyberspace – without too many technical details, because I've already forgotten most of them anyway. We'll start with a quick check-in, and then I'll tailor the level of technical detail to you. So feel free to bring lots of questions or ideas for similar projects – building castles in the air is the best thing anyway.

Candles Poetry Sharing

Bibliothek by: JO

We are back for another magical moment of poetry sharing! The Candles Poetry Night crew opens a space for everyone to share some words, rhymes or notes. It will be hosted in English, aber Deutsch und andere Sprachen sind sehr willkommen! Come for a soft cuddle time and don't forget your notebooks! (No obligation to share – just listening is welcome too!)

Eine kurze Geschichte des Widerstands (mit Arne Semsrott)

Kino

A look behind the scenes of the mysterious Smartsauna – the only sauna that exists purely in the digital ether. It shows us a live chart of all sauna temperatures and humidity levels, and sometimes the smart temperature too. But what is that, how does it work and where has it been? Let's take a trip into Aufguss cyberspace – without too many technical details, because I've already forgotten most of them anyway. We'll start with a quick check-in, and then I'll tailor the level of technical detail to you. So feel free to bring lots of questions or ideas for similar projects – building castles in the air is the best thing anyway.

Build your own (community) sauna! Or help others realize theirs.

Kino

Do you have (1) space for a sauna in your garden, on your balcony or in your flat OR (2) the motivation to organise (buy or build) a sauna in your Kiez if you had space for it, OR (3) some money, contacts or other things to help realise more community saunas all over Berlin? Then come and see if you can find the missing parts for your sauna project, or help someone else realise their community sauna in your Kiez. We'll start with a quick overview of sauna dreams and practicalities, map out sauna needs and offers, and then get going in small groups. If you're unsure, you can also just pop by for the intro and then decide whether or not to stay.

Programme

Workshop 1/2

Körperarbeit auf Augenhöhe: Shiatsu Workshop

massage space by: Anke

In this workshop, you'll learn basic Shiatsu techniques and gain insight into the philosophy behind them. You're invited to get in touch with your body and your gut feeling, to sense into the body of your partner, to work with your weight and to follow the breath. The Shiatsu principle of giving weight instead of using force is an antidote to burnout and can be applied to many areas of our lives. In this workshop, you can connect, perceive and touch, and draw strength from relaxation. Can Shiatsu, as bodywork on an equal footing, help break down hierarchies and counteract discrimination? Let's explore how the transformative potential of Shiatsu can be carried into everyday life and relationships. The approach is playful and very practical, no prior knowledge needed – a large towel to lie on is handy, and curiosity helps :)

Reflexologie

massage space by: Iftach Zidon

Heel to Toe: The feet hold a map of the whole body and rarely get the attention they deserve. We'll learn the basics of foot reflexology, how different zones correspond to different areas of the body, and simple techniques to work them for relaxation and enjoyment. Then we'll put it into practice with a partner exchange, so everyone leaves having both given and received.

Siebdruck

DIY by: Vetomat

Screen printing by Vetomat. Here you can print your towels, bathrobes, hammam towels, T-shirts, undies ... with our sauna motifs – a lasting memory of our amazing festival. (A towel is about the most massively useful thing an interstellar hitchhiker (Saunista) can have – DON'T PANIC.) Please bring your own (clean ;) textiles – we only have a small supply of towels. Suggested donation: from €5

Acroyoga Beginner Workshop

Amoreversum

Have you always dreamed of flying? In this workshop, it will be possible!
We will learn a small beginner flow together that teaches you the basics for further experimentation!
Please bring underwear or trousers.
We look forward to seeing you! :)
Communication and a certain level of trust in the people around us are essential for getting along in a relaxed manner. Both are fundamental building blocks of acroyoga and can be practiced together in a playful way. In this beginners' workshop, we'll teach the basics and demonstrate simple flows.
Please bring a mat or something similar!

Breast Massage Zeremonie

massage space by: Katja Wöhl

The Taoist breast self-massage ceremony is an ancient practice of women's healing. It offers your nervous system deep relaxation, gets stagnant energy flowing again and connects you with your femininity. We begin with a heart-opening meditation, then devote ample time to the gentle breast massage, and round off the experience with a flower blessing. No prior experience is necessary. You are welcome to bring something warm to wear.

Tanz dich froh - Frühsport

Sahnerolle by: Mino

Dance your heart out with Max and Mino.
An extremely accessible, musical fitness program for everyone to join in and have fun with.
No experience necessary. Whether you're naked or not. Whether you're tall or short. Whether you're fit or out of shape. Join in or not—the main thing is that you're there.
Duration: approx. 30–40 minutes

Matcha Clay Mask Ritual

massage Space

Long before matcha became a modern wellness trend, it was part of a sacred beauty ritual. The same leaves that helped monks remain awake and clear during meditation were also used to nourish and care for the skin. In Eastern traditions, there is no strict separation between nourishment and self-care: what is beneficial for the body can also be beneficial for the skin. Discover the origins of this beautiful tea and land at Sauna Splash with this Matcha Clay Mask Ritual, accompanied by the harmonious sounds of the Japanese shakuhachi flute, an ancient Zen instrument. You'll discover how matcha can help calm the nervous system and gently soothe and protect the skin. The experience includes: the origin story of matcha · two servings of pure matcha tea · creating your own matcha clay mask for face or body · a guided meditation and sound journey · a dip in the lake to rinse off the mask (bring a towel).

Playfighting (playful wrestling)

Amoreversum

Roll around, wrestle, pile on like puppies. Not to "dominate" the other – this is not about winning, but about feeling your strength, feeling their strength and having fun. No experience needed – we start easy and check in on boundaries and desired intensity before every fight. Head, neck and intimate areas are off-limits. You choose whether and who to fight, and if you change your mind, you can always tap out. Clothed (swimwear) by default, naked if both consent.

Payer of Lovethroughtouch

massage Space

This workshop is more than just another modality. It is an approach to touch and a connection-based group experience. You are invited to let go of all concepts and ideas about bodywork, and instead create space to listen with your heart and body. Together, we will explore touch through questions such as: How would I give from a heart-centred place? What if love were the fundamental intention behind my touch? How would I give if there were no right or wrong? What kind of session could emerge from a place of heart-centred connection, guided by the simple intention to do good for another? Prayer of Love is an invitation to slow down, listen, connect and discover what becomes possible when love leads the way.

Warming and Cooling Salves

massage Space

Come by to chill and try out some warming and cooling salves on your aching bones. Participants are invited to practise self-massage, bring a partner or pair up in the group. Then hop into a sauna to feel the burn! Salves will be provided (e.g. IcyHot, Tiger Balm, horse balm), but please feel free to bring your own as well.

Zenthai Pulse

massage Space

In this 35-minute guided flow, you will learn a simple sequence of Zenthai Shiatsu bodywork. Pair up to give and receive simple techniques from this movement-based bodywork practice, which helps people feel held, improves mobility, stretches the muscles and uses acupressure points to increase the flow of life energy through the body.

Programme

Workshop 2/2

oberkörperfrei?! Nipplepostkarten und Oberkörperabdruck

Amoreversum by: Leah

Empowerment workshop: Have you always wanted to send your grandma or your best friend a postcard from the sauna? Here's your chance: design a nipple postcard or make a plaster cast of your own upper body.

Filzhüte basteln

DIY

Keep a cool head in the hot sauna! Come by and felt your very own sauna hat – creative & unique! "Heat on – Hat on"

Mann im Glas

Bibliothek by: Hugo & Gio

Masculinity: Do you have questions? We have even more: we'll draw questions from slips of paper and talk about male socialization. Especially in the sauna, there are many situations, interactions, and behaviors where it would be super helpful to ask each other: How do I do this? Is that okay? How do I speak, how do I move? Would I like to change anything about that? You don't need to have read any books on the subject—you're already an expert on your own socialization. We want to chat, listen, and share. All genders are welcome. Hugo and Gio (both socialized as male) are hosting.

Dein innerer Rhythmus - Atem. Bewegung. Ausdruck.

Amoreversum by: Olivia und Max

We take you on a mindful journey to yourself: through meditation and breath awareness, we first fully arrive in our own bodies. Simple breathing exercises for self-regulation and vagus nerve activation promote calm, presence and well-being. Flowing, breath-connected movements awaken our life force and then lead into free, intuitive dance to explore our own rhythm, authentic expression and the possibilities of our movement. As health educators (B.Sc.) and a trainee breath, speech and voice teacher and dance therapist, we create an appreciative space for body awareness, self-care, mindfulness and the loving acceptance of our own bodies.

Sticken von Zeh bis Ohrläppchen

Amoreversum by: Mara

... mhhh, relax after the sauna, keep your head switched off and give your creative hands a little room to play. Here you can embroider your towel or a piece of clothing you've brought along with big, small, crooked and straight bodies from toe to earlobe – and take a memory of Sauna Splash home with you.

Empowerment und Reflexions Workshop Gleiche Brust für alle

Amoreversum von: Yyuri

Gleiche Brust für alle (Equal Chests for All) – empowerment workshop "Topless?!" Are you also annoyed that it's normal for cis men to walk around topless in the heat, but not for FLINTA*? Now that the Berliner Bäder-Betriebe have officially declared that all genders may swim topless, would you actually like to go to the pool without a bikini top but don't dare? Or is there something else about body image and beauty norms that you've long wanted to get off your chest? "Gleiche Brust für alle" is an intersectional feminist movement for the desexualisation of the female-read chest. Our workshops focus especially on engaging with one's own upper body, but are also generally suited to questioning social standards and reflecting on their effect on us and on how we treat our bodies. After reflection rounds in different groups, we'll walk around the festival grounds topless together, dance, or go straight into the sauna completely naked!

tasting (self)empathy

Amoreversum by: Ronja

*** communicate vividly, celebrate connection *** Why are you actually here? We want to be present, pause and mindfully feel – without everyday life. We take time to explore how we can encounter our feelings in a new way ... with curiosity, using practical approaches from Nonviolent Communication (NVC), yoga, mindful movement and creative methods to connect with yourself (and/or others).

Häkelkurs: Peeling-Lappen für Körper & Seele // Crochet session: peeling cloth for body and mind

Amoreversum by: Elanor Eberlein

Massaging yourself with your own scrub cloth after the sauna? Sounds good. Even better: if you crocheted it yourself! In our workshop, we'll show you – to relaxing music – how to crochet your very own scrub cloth from sisal yarn. Crochet experience is a plus, but not required – we're happy to teach you.

Bademantel extravaganca

DIY

Hand towel or wafting towel, sauna hat or bathrobe – here you can bring sparkle and glamour to the wellness oases of this world. When everyday layers are swapped for bathrobes, let's bring our wellness characters to life! Whether elegantly simple, satin, glittering flannel or extravagantly shoulder-padded: glamorous looks and understatements alike belong everywhere – on an afternoon getaway at a rural wellness temple as much as in the changing room of your parents' home sauna. From superhero capes to sweet vertical gardens, we want to turn as many of your ideas as possible from fluffy daydreams into reality.

Programme

Performance

Immersive Storytelling with Lôba

Perlentheater

An immersive storytelling ritual weaving together voice, movement, sound and imagination. LÔBA arrives from a distant land, carrying the spirit of the Atlantic Ocean and stories born beside ancient fires, where humans and creatures gathered to listen, learn and belong. Like the tides, her tales invite us to flow between the visible and the invisible, memory and dream, silence and song. Together, we enter a playful, dreamlike space where stories become movement, breath and shared creation. Through embodied storytelling, participants of all ages are invited to reconnect with their inner child, awaken curiosity and trust the wisdom that emerges when we surrender to imagination and the natural rhythms of life. Do you want to hear a story?

Flowerboys

Perlentheater

Merlin loves flowers. Big or small, red or yellow – he likes them all. Very much, in fact. With some of them, he seems to have a very special relationship. Enjoy a short, humorous act about flowers, juggling and the question of what happens when you give your plants a little too much attention.

"Nicht ins Schwitzen kommen" - Die Sauna Game Show

Perlentheater

Die Klimakrise geht weiter: Ein Endzeit-Polarsturm zieht schon Anfang Oktober auf und schneit ganz Deutschland ein! Die einzige Zuflucht: der kleine, heißbegehrte Raum rund um den Saunaofen. Beim Sauna-Quiz heißt es grübeln, schätzen und raten, denn Fabian und Sophie machen euch Dampf! Neben spaßigen Ratefragen und internationalem Sauna-Trivia erwartet euch das legendäre Banja-Bingo! Wer verdient sich den Titel des diesjährigen „Wellness Warrior"?

when we use our voices, we are not alone: an interactive [toilet] singing session

Chilarium

JJ Hoech has been disabled for most of their life, but they have only just found out about it. Their feelings of loneliness and powerlessness, however, are not new. These are explored in polyvocal loops that bring the experience of a church choir gone crazy into their one-room apartment – and from there to a crowd who can, if they want, participate. Join me for a lonely performance and collective political circle songs, and help me compost the multiple crises of our times with your voices.

Handüx

Perlen Theater

HANDÜX – physical theatre performance. Handüx places the towel at its very center. Or perhaps even beyond that: at the center of all creation? Some might argue that the towel is the vital force, the lifeblood flowing through a universe that appears somewhat human, certainly familiar, though also bizarre and perhaps a little too clean. It is a tribute to the simple yet indispensable piece of cloth that accompanies each of us throughout our lives. In Handüx, the cleaning and cleansing energies of towels are summoned, while the sheer functionality of this handy household item remains ever-present. Handüx moves across a variety of stage disciplines: from dance sequences inspired by Pina Bausch, through monologues and rhythmic percussive accompaniment, to silent clowning. Most importantly, it is object theatre with the towel at its core.

Running nose by Compagnie mouchoir

Perlentheater

Achi achi. Oh, ah, tada. Eine nonverbale Reise durch den täglichen Kampf mit verrotzten Taschentüchern.

Feuershow Trockendusche

1000m

Actually, I figured it was time for an infusion. I didn't know that absolutely everyone before me had already had the same thought, or that something bad could happen. But then it happened. The constant waves of steam scared the stove flames, and the fire unexpectedly broke out of the sauna. It was already on the verge of being smothered anyway. Now it's racing across the square down to the beach and frolicking in its newfound freedom; invigorated by the vastness and abundance of oxygen, the fire finds more true friends here who watch it dance instead of trying to capture it again. - "Let those claustrophilic nudists in there figure out for themselves how to stay warm! You just don't treat someone you love that way. True freedom is love," sings the fire.

MESS - DIE SEIFENOP(F)ER

Kino

DIY trash comedy in 4 episodes (100 min). The Mess Zone is an autonomous place and refuge for international freaks, artists and lots of cats. When a blood-smeared soldier turns up in the Zone carrying a glowing artefact, events start to spiral.

(Un)graceful: An Aerial Performance

Silent Disco

How do we see our body? Judge it? Celebrate it? This is our attempt at an answer, seven meters above the ground.

Programm

DJs

WAYHNA
Amoreversum

Downtempo-fusion-kitchen

Sofsky
Amoreversum

Ambient/Downtempo

Coco Renard
Amoreversum

Melodic heart-sound

Raphi
Amoreversum

Ambient/World Music

Fulica Acktra
Amoreversum

Ambient~Dub

smiles
1000m

Beach music for foot-tapping, hip-swinging and waving your towel over your head.

strübi
1000m

strübi brings you downtempo with grounding bass and melodies to float away on.

EbiCake
1000m

EbiCake is gonna take you on a little trip! Prepare for take-off with bouncy, dirty tech house! ✨🚀✨

letters from senneh
1000m

A musical journey for the soul: sway along with your eyes closed, get up and move however you like, or simply stay lying down – emotional, unconventional (non-)club music made of ambient, breakbeats and RnB samples.

10 Mark DJ Team
1000m

As descendants of the Élysée Treaty, the franco-allemando disco duetto 10 Mark DJ Team finds its roots in the '80s new wave Balearic soft power of disco music and transnational friendship. They are usually on time – a time that fluctuates between the past and the future. Some people like to compare them to the metro in Japan: not so much for the autopilot, but much more for the underground part of it. Keeping Disco Alive.

Greta Gère
1000m

Groovy tech house beats at their finest.

Ute Ungewiss
1000m

Following the motto "with a little irony, good music and a dash of techno, life is just a little bit better", Ute Ungewiss likes to venture into different styles of electronic music. Funky basslines back2back with hypnotic techno and tribal beats are his jam. With a certain uncertainty and playful melodies, his mission is to make you dance, sweat and groove!

Peter Alupka
Perlentheater

music to listen to while listening to music

Camillenfee
1000m

With my love for slow beats and driving, dreamy sounds, I want to enchant you with a few hours of lightness – moments in which you leave everyday life behind and take off with me to downtempo 🧚

leen
1000m

Leen plays TechFunk. The bathrobe version: bouncy basslines, never more serious than necessary, and funk snippets butting in. The last set of Saturday – just right for tired but happy sauna legs.

DJ Set (M.OZA)
1000m

The sauna gets your heart going at up to 120 beats per minute. When you come out, we carry on on the dancefloor – deep and driving, not too fast but not slow either: for winding down, getting into it, tapping your feet, dancing. Slightly melodic, but always with bass.

alefala
1000m

alefala merges deep soundscapes with soulful downtempo. Her sets are full of contrast – sometimes dark and bouncy, sometimes soft and dreamy – always carried by a palpable love of bass.

Seven Flowers
1000m

Seven Flowers draws his primary inspiration from his deep love for Heideglühen and the exceptional quality of house music at the club. Influenced by this, he has developed a style that blends classic and deep house with touches of funk and disco. Though he started out with downtempo, his music now exudes happiness and profound love, with a deep and steady sound of mixed house genres.

Libra
1000m

Libra usually plays deep, dark tech house, but also has a disco and happy house side that rarely gets the chance to shine. At Sauna Splash, it finally gets to come out and play :)

lissi de coco
1000m

Happy, warm and groovy set with disco house, city pop, brasilidades and more!

Moritzino
1000m

Steam into the home stretch with Moritzino. At the closing of the 1000m floor, you'll be picked up high and dropped softly into a chilled little bed of beats, before you flow – fulfilled and head-nodding – the last 1000 m into your own bed. The perfect wind-down you should definitely stay for.

Mannyboy
Perlentheater

Raised by hip-hop, shaped by the groove. My sound moves across disco, jazz, world music and raw/deep house – a search for something personal beyond borders, built through Chicago, Detroit, Rio de Janeiro, London and Naples. Expect deep disco cuts pulled from dusty crates and percussive detours through Afro and Latin rhythms, played on vinyl and digital alike. No borders, no genre rules – just heat. Sweat is mandatory.

Athenaïs
Perlentheater

Athenaïs is a French producer, live performer and DJ based in Berlin. Her eclectic hybrid DJ sets blend ambient, jazz, minimal, trip-hop, electronica, acoustic and neoclassical sounds with improvised live vocals, creating intimate journeys for rest and deep listening. This contemplative format has been presented at several cultural and ceremonial events.

Ciccio Fá(nk)
Perlentheater

Shake and move your body to Afrobeat, Bollywood disco, Egyptian Al-Jeel, Thai disco, Brazilian funk and grooves from every corner of the world – all at once? That's my aim! My sets pay special attention to groovy, shaky music that has been forgotten, underrated or underestimated, or simply never became a success for historical, political or racial reasons.

Jaikom DJ set
Chillarium

A relaxing musical atmosphere ranging from ambient to slow electronica and soft downtempo.

Miscellaneous

Ginger Experience
Schweißperle

Butt seriously: A Ginger Experience. A playful exploration of surrender & sensation. This infusion burns twice. Part ritual, part chaos, part questionable life decision: the Ginger Experience invites curious humans into a shared experience of laughter, intensity and consensual discomfort.

Stinging Nettle (Brennnessel) Experience
Rosa

Feeling a little too comfortable? Let's fix that. A tingly encounter with an often overlooked medicinal herb. Urtica dioica is anti-inflammatory, can relieve joint & back pain, support circulation and boost libido – and it burns like a b*tch. Surrender to nature's prickliest wellness treatment. Your immune system will thank you. Your skin may remember you did this.

Gefühle als Freund*innen:
Bibliothek

Feelings as friends: What are our feelings actually trying to tell us? Come by and let yourself be surprised by the (always loving) messages of your feelings. A place for exchange, connection and tuning in.

Existential Sauna Aufguss
Calma

Erlebe eine Sauna im finnischen Stil, verbunden mit einer geführten Meditation. Um Löyly, den Geist der Sauna, einzuladen, richten wir unsere Aufmerksamkeit nach innen. Um unser gemeinsames Bestreben zu unterstützen, das gewöhnliche Bewusstsein zu überschreiten, wird ein traditioneller finnischer Terva-Aufguss (Kiefernteer) verwendet. Jeder Saunagang ist offen (max. 20 Min.) und lädt alle ein, ihre eigene mentale und körperliche Grenze des Tages zu finden. Nach der Sauna könnt ihr draußen weitermeditieren und an beliebig vielen Sessions teilnehmen.

Schwitzeljagd
Schweißperle

Saunasplash scavenger hunt: Our scavenger hunt calls not only for hot temperatures but also for a cool head. Whether you're a sauna newbie or an Aufguss pro: grab the first code at the scavenger hunt station and set off to explore. Solve exciting puzzles, collect clues and learn more about sauna, Saunasplash and Orankesee along the way.

Food & Drink

Zum Schwitzkasten Bar

Torpedo Bar

Eis Eis Baby Bar

Food 4 Action
Mobile solidarity kitchen from Berlin

We are Food 4 Action, a mobile, self-organized solidarity kitchen from Berlin. We cook together for festivals, actions and conferences – and see a kitchen as more than just cooking: chopping, washing up, fixing things, pitching in and improvising are all part of it.

We want to break down the divide between those who cook and those who are fed, and organize the work of caring for our everyday needs together. Sometimes chaotic, sometimes organized, but always in solidarity – and preferably with you.

Kaffee Mob
Der Mob .Die Bande. Das Kollektiv.
Wir sind gemeinsam unterwegs und vergnügen uns, während wir euch verwöhnen - mit Heißgetränken und dem was uns gerade so einfällt.

Spezielles fürs Saunasplash: Den ausgepressten Kaffeekuchen dürft ihr für euer Peeling mitnehmen

Pizzaperle
Liebe Saunafreunde und PizzaLovers,
Die „Pizzaperle" ist im stetigen Wandel, so auch dieses Jahr einfach mal ganz anders! Als Micropizzaria steht (,passend zum saunieren) die Entschleunigung im Fokus!

Als non-profit Pizzakollektiv freuen wir uns einfach euren Gaumen zu verwöhnen und mit den entstehenden Einnahmen das Perlentheater zu unterstützen!
Also habt Geduld beim warten auf ein heißes Stück Pizza und genießt währenddessen das genauso leckere Kulturangebot des Perlentheaters!

Tee- & Ruhezelt Wunderbar
Kami kann euch einiges über die Zukunft vorhersagen. Ihr braucht nur den Wunderbartee probieren und ihr werden mehr wissen als zuvor.

Tee / Chai Bar
Eine Tee- und Chai-Bar: ein gemütlicher Ort, der dich nach dem Saunieren oder Tanzen warm und cozy hält. Schöne Düfte, leckere Geschmäcker und ganz viel Gemütlichkeit schaffen eine Atmosphäre zum Ausruhen.

LimoBar
Selbstgemachte Limo auf Spendenbasis! Alles, was über die Einkaufskosten hinaus zusammenkommt, wird gespendet.

Manifesto for Radical Wellness

In our infusion bar, you'll find this manifesto as a perennial favourite. As a child of the Hedonistic World Congress, we align ourselves with the demands for a Beautiful Life for All from the Hedonistic Manifesto. To know exactly what smells so good, we have pressed three main oils with our wellness expertise. Sauna enthusiasts of all countries, unite!

1. Safer Space. The base note.

We want to create an attentive and loving space where sweating, enjoying, and creating can happen both naked and clothed. We know sauna is a body-focused practice and want to make access as easy as possible, especially for people who usually don't feel comfortable in such places. Because we all should be allowed to take care of ourselves. We are an open circle of friends welcoming new perspectives and the expression of needs. Racist, sexist, ableist, trans- and/or queerphobic behaviour, body shaming, and any form of harassment or discrimination have no place here. This self-expectation also means responsibility and openness to criticism.

2. Brave Space. The heart note.

The collective is an emancipatory place where we inspire each other, share knowledge without hierarchy, and dare to follow our own curiosity. We enjoy experimenting. We want to share this radical self-experience. This also includes practising how to assess and communicate our own capacities.
Nudity can be challenging. All the more beautiful to face it without worries.

3. Playground. The top note.

For us, sauna is a place to shed our layers. We see it as an anti-capitalist practice where we can live out cheap creativity. That means using available resources, having fun tinkering, and implementing ideas without long-winded discussions. In our growing network of sweat pearls, leftist dreams can be spun further and meet on a humorous and relaxed level. Wellness is more than just silent sweating. It can just as well be sparkling wine in the sauna, outrageous raving, and other political mischief. Always and everywhere. The playground is wherever we are. And wherever we are, we build a sauna!

Code of Conduct

1. Be kind to each other

no discrimination (including racism, antisemitism, sexism, queerphobia, ableism, age discrimination)
Respect boundaries

2. Respect boundaries

respect your own and others'; take differently drawn boundaries seriously

3. Consent is key

only a clear yes means yes; no always means no

4. Know your limit

take care of yourself and others; do not judge discomfort

5. Look after each other

seek or offer help if someone needs support

6. Speak up!

better to report once too often

7. Criticism with sensitivity

address problems without unnecessarily reproducing them

8. Strict photo ban for guests

for guests throughout the entire site*

9. No glass bottles

we all want no shards in the sand or grass

Foto-Info:

There is a person appointed by the festival who will carefully take photos, always clearly identified, and will not publish images with identifiable persons or without explicit consent.

Awareness Team

We want to create a place that allows all of us to have the best possible time with our own bodies – whether naked or clothed. That's why we work with the awareness team "B-Aware," whom you can approach if you feel unwell, need help, or have experienced or witnessed inappropriate behaviour. In the awareness space, you can take a break. We do not tolerate any discriminatory behaviour.

The team is available to you throughout the event and afterwards. You can always recognise them by their pink vests and find them next to the info point. Feel free to speak to Bar or other crew members if you want to contact the team.

Awareness contact

You can reach the awareness team during the event at: **0152 09002135**. After the event, please contact us by email at **awareness@saunasplash.de**.

Das Team

Das SAUNASPLASH gibt es seit 2019. Mitorganisiert haben seitdem viele, eins bleibt - Wellness für alle!
Wir machen das alles in unserer Freizeit. Wie schön, dass wir mit und für euch unsere Visionen zum Leben erwecken können! Dieses Jahr sind für euch in der Hauptorga am Start: Andi, Aurelia, Bastie, Benni, Blackout Basti, DeBaer, Flo, Hannes, Hansy, Ingo, Jakob, Karo, Krischla, Laura, Lea, Lena, Licht Paul, Marlene, Micha, Mike, Miriam, Moritzino, Patti, Power Paul, Rapha, Starkstrom Stefan, Stefka, Theresa, Valerie, Wurschdbude