

## ONGO<sup>®</sup>Rhei

Even Heraclitus of Ephesus (circa 520–460 BC) recognized that “Panta rhei ... everything flows.”

Today, in the 21st century, the rhei – the flow – is the basis of our global society. The flow of information and stimuli has a constant influence on our being and affects our existence. If this flow becomes too strong, we start to falter and we lose touch with our own well-being. This is where movement can help. When sitting on an ONGO<sup>®</sup>, movement happens playfully and almost by itself. In this way we experience tension and relaxation, stability and flexibility, well-being and health.

The design of ONGO<sup>®</sup>Rhei reflects this ideal: the visual depiction of movement. Everything flows. From microcosmos to macrocosmos. The human body in a flowing transition from playful movement to healthy sitting. This enables us to forget thoughts of self and time, guiding us unconsciously to experience a host of beneficial effects.

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**Beate Steil**, qualified in graphic design at the University of Applied Sciences in Darmstadt, then worked in the fields of advertising and design in Amsterdam, London, New York and Germany as a designer and art/creative director. Since 2004, she has run her own design office “Beate Steil Kommunikation und Design” with a focus on corporate design and photography in Düsseldorf and has also been Creative Director and Designer for ONGO<sup>®</sup> GmbH for many years. She has given lectures and participated in exchange programmes at the Central Academy of Fine Art in Beijing and is a member of DDC and ADC New York. [www.beatesteil.de](http://www.beatesteil.de)

