

# Stilton Literary Agency



## Sauna People

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Knut Lerhol studied history and political science at NTNU, works as a teacher, and actively uses the sauna in his teaching.

Hallgrim Børhus Rogn has a journalism degree from Volda University College, married into North Swedish sauna culture, and uses the sauna every Sunday.

### **About Norwegian sauna culture and the steps to a good sauna experience**

The sauna is a refuge from the digital world – a place to immerse yourself in physical and mental wellbeing, good conversations, sweat, and total presence in the moment.

The Vikings loved their saunas, but over the years the practice faded away and was forgotten in this country. Today, the sauna has been resurrected as a sort of symbol for both how we see ourselves and how the world sees us as Norwegians: we are healthy, vital, and live in harmony with nature.

In Sauna People, you will get to know the people, stories, and saunas that define Norwegian sauna culture. Here you will find the formula for the best sauna experience, whether you're in your cabin or your basement, at the gym, or by the pier in the city.

Step inside the most unique saunas in Norway and find out what you need to realize your own sauna dreams.

Come on in, it's nice and hot!