



Kristina Müller

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Fold & Relax
Origami and inner ease

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Origami und innere Ruhe

including photographs by Clarissa Nill

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The art of paper folding and motivation for contemplation find their way to each other creatively.

Origami, as the artful paper folding is called, does not only create beautiful and charming objects; attention and concentration are also improved as well as the devotion for a task done in the moment. Inner calm is spread, as is gentle joy about the things done.

- Japanese aesthetics is combined with western design.
- Containing step-by-step-instructions, different levels of difficulty and ideas for decoration.



Kristina Müller studied stage design and art history in Salzburg, Munich and Paris and graphic design at the Université Toulouse Le Mirail. As a passionate lover of paper, she is also enthusiastic about Japanese aesthetics, Scandinavian design and the French art of living.

She worked in Paris for a few years, published two books at Tana Éditions and now lives in Munich, where she works as a designer under the label *kdesign* and also offers workshops on all aspects of designing with paper with a focus on origami.

