abstracta

Zen Pod®

The sparse and harmonious design of the room itself is inspired by Japanese interiors.

“Zen Pod allows you to sense the surrounding environment without being disturbed by it. The room is quiet; not isolating,” says designer Staffan Holm.

Zen Pod Advanced Small. Equipped with Communicate meeting room furniture. Its outer acoustic walls also help to improve the soundscape of the surrounding environment by absorbing, rather than reflecting, ambient noise.

Zen Pod is a smart room equipped with plenty of functionality — and nothing superfluous.

Zen Pod Advanced Medium. Equipped with Focus work room furniture and slatted panel.

Zen Pod Essential Small. Equipped with Focus work room furniture.

Zen Pod Medium Advanced. Equipped with Communicate meeting room furniture with slatted panel and NEC Multisync M431 LCD 43'' display, Bose Videobar™ VB1 all-in-one USB conferencing device.

Zen Pod is furnished with three types of light options. A non reflective trailing light. Center light and spotlights (Size M/L). 2 x 4.5 W, 3000 K, 300 lm, 36 degrees angle.

Zen Pod Medium Essential. Equipped with Focus work room furniture and slatted panel.

Zen Pod Advanced Large. Equipped with Communicate meeting room furniture, and NEC Multisync M551 LCD 55'' display, and a Bose Videobar™ VB1 all-in-one USB conferencing device.

Key features of Zen Pod

Class A (ISO 23351) sound attenuation.
Dampens sound by 31 dB. Its large acoustic outer walls provide external sound absorption (ISO 20189).

Quick assembly and easy mobility. All three Zen Pod sizes feature drop-down wheels.

Non-reflective, adjustable lighting.
A must for digital meetings.

Generously sized, fixed work table facilitates comfortable virtual meetings via laptop.

Available in three sizes with specially designed, optional furniture and accessories packages.

Made with Hydro CIRCAL 75% recycled, post-consumer aluminium.

5 year warranty period and 10 year replacement parts warranty. 95% recyclable and covered by the company's Zero Waste service, a recycling program for end-of-life Abstracta products.

Designed and produced in Sweden.
Swedish Möbelfakta certified.

MÖBELFAKTA

Elegantly designed using welcoming, sympathetic materials

Designed by Staffan Holm, Zen Pod is for spaces where people often meet and move about — whether in a university, a hospital, or a modern office complex. Zen Pod is an acoustic oasis. It creates the perfect conditions for digital meetings, quiet conversations and focused work. Its outer acoustic walls also help to improve the soundscape of the surrounding environment by absorbing, rather than reflecting, ambient noise.

The room is easy to assemble and use, and is designed to blend in with its surroundings. The sparse and harmonious design of the room itself is inspired by Japanese interiors.

Spaces for creativity and dialogue need to be balanced with places for solitary reflection and concentration. To open the door to Zen Pod is to step into just such a place — quiet, secure and hospitable. Yet, Zen Pod is more than merely a retreat, a place to catch one's breath. More than just peace and quiet. It is a space to be enjoyed — elegantly and sparingly designed using welcoming, sympathetic materials such as wood, wool, glass, aluminium and steel.

Designer Staffan Holm has worked hard to create a room that is welcoming and doesn't feel the least bit cramped. "Completely silent rooms can be quite uncomfortable. Zen Pod allows you to sense the surrounding environment without being disturbed by it. The room is quiet; not isolating," says Holm. Its ventilation is highly effective, yet quiet and vibration-free.

The ventilator fan is positioned in the ceiling next to the lighting, thus making it barely visible at all. Zen Pod isn't a room you want to leave after you've done what you came to do — but one in which you're quite happy to stay for a while. Its lines and square composition reflect Japanese aesthetic influences – that become particularly evident with the addition of the beautiful slatted oak panel, which is easily fitted to the room's glass wall. It's a solution that enhances the aesthetic experience, improves privacy and positively impacts the soundscape outside the room.

Zen Pod is a smart room equipped with plenty of functionality — and nothing superfluous. Nothing in the room disturbs its harmony and balance. Zen Pod's high-quality materials and simple yet elegant design make it not only enjoyable to be in; they also blend in well with the surrounding environment.

Zen Pod is available in two versions: Essential and Advanced. Both feature a mix of excellent materials, state-of-the-art lighting and ventilation, and both have been designed with careful attention to detail, as well as overall appearance.

Zen Pod Essential Large. Equipped with Communicate meeting room furniture, and NEC Multisync M551 LCD 55'' display, and a Bose Videobar™ VB1 all-in-one USB conferencing device.

Optional slatted panels offer a sense of privacy. Available in clear-varnished oak or black-stained oak.

Recessed curtain (sizes M or L) of translucent fabric with a linen-like look.

Zen Pod Advanced Small. Equipped with Communicate meeting room furniture.

Zen Pod Advanced Large. Equipped with Focus work room furniture.

Exceptionally acoustic performance

Zen Pod dampens sound by 31 dB, which means that it achieves class A sound attenuation (ISO 23351).

Its large acoustic outer walls provide external sound absorption (ISO 20189).

Lighting and ventilation

Zen Pod is equipped with a uniqley designed knob for controlling both light and ventilation.

The upper knob functions as a stepless dimmer to adjust the three light modes. All versions come with a non-reflective trailing light around all four walls. Zen Pod Essential and Zen Pod Advanced (M and L) both feature a center light, while Zen Pod Advanced (M and L) is also equipped with two directional spotlights.

The lower knob controls a three-speed ventilator fan. The fan unit is recessed within the trailing light's inner ceiling frame, making it barely visible.

Zen Pod Essential

- Painted black RAL 9005. Wood parts in black stained oak
- Walls with Focus Melange, 6 standard colours
- Dark grey floor carpet
- Shallow-angle lighting and ventilation integrated into inner ceiling edge
- Recessed curtain track
- Can be mirrored left or right

Frame
Black RAL 9005

Carpet
Fletco 377370 Charcoal grey

Wood parts: handle/fixed desk/slatted panel
Black stained oak

Wall fabric
Gabriel Focus Melange, 6 standard colours

60309 60311 60312 61240 66209 68249

Accessories:

Slatted panel
Black stained oak

- Easily added/removed
- For front/side glass walls (not door)
- Available for Small, Medium & Large
- Comes in two sizes (1200x2245 mm and 1156x2245 mm) depending on placement and Zen Pod size

	Small	Medium	Large
Clean Supplied unfurnished	 **Fixed desk** (1070x350 mm)		
Communicate Meeting room furniture	 **Fixed desk** (1070x350 mm), **1 black bar stool** (A22 Lammhults)	 **1 table** (S50 Fora Form (H600) black stained oak/black), **2 beige meeting chairs** (X75-2 Lammhults), 1 NEC Multisync M431 LCD 43'' display, Bose Videobar™ VB1 all-in-one USB conferencing device	 **1 dB pillar table,** black (fabric Focus Melange 60900, 1000x730 mm), **5 dB stools** (fabric Focus Melange 60900), 1 NEC Multisync M551 LCD 55'' display, Bose Videobar™ VB1 all-in-one USB conferencing device
Focus Work room furniture	 **Fixed desk** (1070x350 mm), **1 black work chair** (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V	 **Fixed desk** (1070x350 mm), **1 black work chair** (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V	 **1 height adjust.desk** (R5 Ragnars black desk, 1400x600 mm), **1 black work chair** (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V

Zen Pod Advanced

- Painted Nordic beige. Wood parts in clear varnished oak
- Walls upholstered in Kvadrat Re-wool 128
- Beige carpet, recessed curtain
- Shallow-angle lighting and ventilation integrated into inner ceiling edge
- Spotlights (sizes M & L)
- Recessed curtain track
- Can be mirrored left or right

Frame
Nordic beige

Carpet
Fletco 377200 Cobblestone

Wood parts: handle/fixed desk/slatted panel
Clear varnished oak

Wall fabric
Kvadrat Re-wool 128, 1 colour

Recessed curtain (sizes M&L)
Davos 3660 beige translucent textile, linen-like look

Spotlights (sizes M&L)
2 x 4.5 W, 3000 K, 300 lm, 36 degree angle

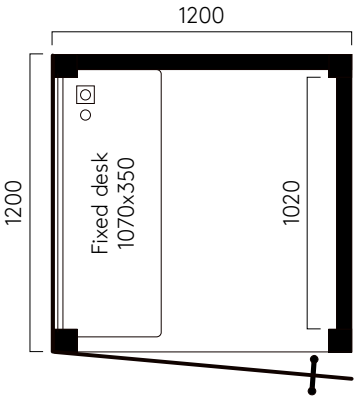
Accessories:

Slatted panel
Clear varnished oak

- Easily added/removed
- For front/side glass walls (not door)
- Available for Small, Medium & Large
- Comes in two sizes (1200x2245 mm and 1156x2245 mm) depending on placement and Zen Pod size

	Small	Medium	Large
Clean Supplied unfurnished	 **Fixed desk** (1070x350 mm)		
Communicate Meeting room furniture	 **Fixed desk** (1070x350 mm), **1 black bar stool** (A22 Lammhults)	 **1 table** (S50 Fora Form (H600) black stained oak/black), **2 beige meeting chairs** (X75-2 Lammhults), 1 NEC Multisync M431 LCD 43'' display, Bose Videobar™ VB1 all-in-one USB conferencing device	 **1 dB pillar table,** black (fabric Focus Melange 60900, 1000x730 mm), **5 dB stools** (fabric Focus Melange 60900), 1 NEC Multisync M551 LCD 55'' display, Bose Videobar™ VB1 all-in-one USB conferencing device
Focus Work room furniture	 **Fixed desk** (1070x350 mm), **1 black work chair** (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V	 **Fixed desk** (1070x350 mm), **1 black work chair** (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V	 **1 height adjust.desk** (R5 Ragnars black desk, 1400x600 mm), **1 black work chair** (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V

Small: Technical Specifications



Dimensions
External: 1200 x 1200 x 2310 mm
Internal: 1020 x 1020 x 2100 mm

Weight
330 Kg

Acoustics
Class A (ISO 23351) sound attenuation.
ISO 20189-compliant sound-absorbing walls.

Walls
Two angled walls with upholstered sound-absorbing panels on both sides. The wall contains a sound-blocking and sound-absorbing element of recycled acoustic filling.

Glass wall
Sound control laminated glass.

Door
Sound control laminated glass. Self-closing, left-hung door on hidden hinges. Handle made from oak.

Ceiling
Upholstered, sound-absorbing ceiling panel in black Gabriel Focus fabric. Ventilation and shallow-angle LED lighting integrated within the entire inner ceiling frame. Recessed curtain track.

Floor
Woven contract bouclé carpet. The floor contains a sound-blocking sandwich element of chipboard, heavy-layer and recycled acoustic filling. Height-adjustable, hidden feet and wheels for easy adjustment.

Frame
Coated post-costumer recycled aluminium.

Ventilation
Adjustable three-level ventilation flow. Capacity: 74 l/s. Units without fixed desk: control knob located on inner wall. Units with fixed desk: control knob located on desk.

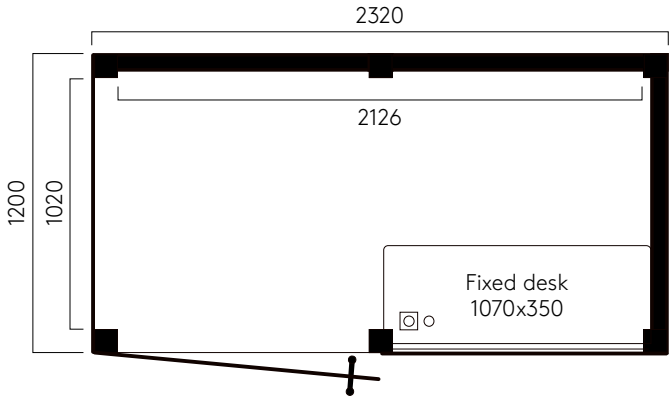
Lighting
Shallow-angle LED trailing light in ceiling: 7.2 W/m, 3000 K, 880 lm/m. LED light length 4 m.
Control located on desk.

Power sockets/cords
1 x 230V, located on fixed desk. Standard sockets EU Schuko, DK, UK or USB available. 5 m power cord connected to roof or 2.5 m cord to floor.

Desk
Fixed oak desk 1070x350 mm.

Sustainability
The product is designed to be reused and comes with a 10-year replacement parts warranty. Use our service at the end of your product's lifecycle. Find out more here: www.abstracta.se

Medium: Technical Specifications



Dimensions
External: 1200 x 2320 x 2310 mm
Internal: 1020 x 2126 x 2100 mm

Weight
490 Kg

Acoustics
Class A (ISO 23351) sound attenuation.
ISO 20189-compliant sound-absorbing walls.

Walls
Two angled walls with upholstered sound-absorbing panels on both sides. The wall contains a sound-blocking and sound-absorbing element of recycled acoustic filling.

Glass wall
Sound control laminated glass.

Door
Sound control laminated glass. Self-closing, left-hung door on hidden hinges. Handle made from oak.

Ceiling
Upholstered, sound-absorbing ceiling panel in black Gabriel Focus fabric. Ventilation and shallow-angle LED lighting integrated within the entire inner ceiling frame. Recessed curtain track.

Floor
Woven contract bouclé carpet. The floor contains a sound-blocking sandwich element of chipboard, heavy-layer and recycled acoustic filling. Height-adjustable, hidden feet and wheels for easy adjustment.

Frame
Coated post-costumer recycled aluminium.

Ventilation
Adjustable three-level ventilation flow. Capacity: 74 l/s. Units without fixed desk: control knob located on inner wall. Units with fixed desk: control knob located on desk.

Lighting
Shallow-angle LED light in ceiling: 7.2 W/m, 3000 K, 880 lm/m. Center LED light in ceiling: 7.2 W/m, 3000 K, 880 lm/m. LED light length: 8.2 m. Add-on spot-lights available for Zen Pod Advanced: 2 x 4.5 W, 3000 K, 300 lm, 36-degree angle. Unit without fixed desk: control knob located on inner wall. Units with fixed desk: control knob located on desk.

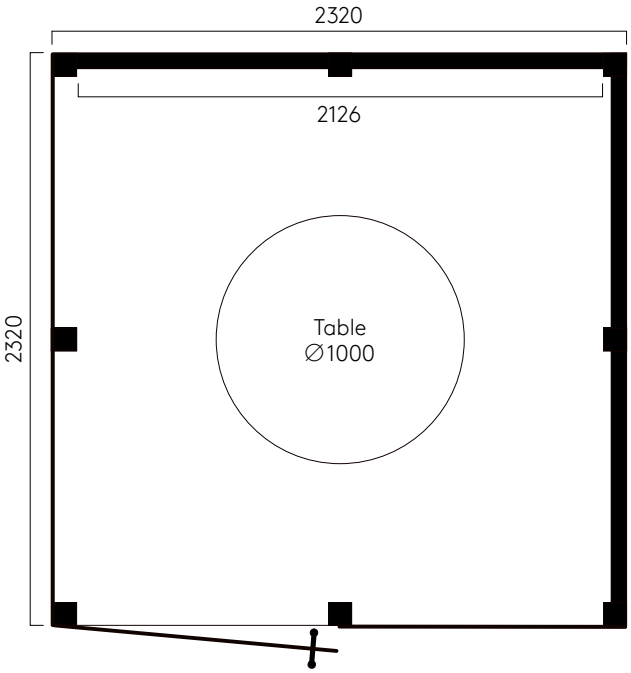
Power sockets/cords
2 x 230V, located on the inner walls. Standard sockets EU Schuko, DK, UK or USB available. 5 m power cord connected to roof or 2.5 m cord to floor.

Sliding curtain
Available for Zen Pod Advanced: Davos 3660 beige translucent textile linen-like look, Trevira CS (flame retardant), OEKO-TEX.

Desk
Fixed oak desk 1070x350 mm.

Sustainability
The product is designed to be reused and comes with a 10-year replacement parts warranty. Use our service at the end of your product's lifecycle. Find out more here: www.abstracta.se

Large: Technical Specifications



Dimensions
External: 2320 x 2320 x 2310 mm
Internal: 2126 x 2126 x 2100 mm

Weight
870 Kg

Acoustics
Class A (ISO 23351) sound attenuation.
ISO 20189-compliant sound-absorbing walls.

Walls
Two angled walls with upholstered sound-absorbing panels on both sides. The wall contains a sound-blocking and sound-absorbing element of recycled acoustic filling.

Glass wall
Sound control laminated glass.

Door
Sound control laminated glass. Self-closing, left-hung door on hidden hinges. Handle made from oak.

Ceiling
Upholstered, sound-absorbing ceiling panel in black Gabriel Focus fabric. Ventilation and shallow-angle LED lighting integrated within the entire inner ceiling frame. Recessed curtain track.

Floor
Woven contract bouclé carpet. The floor contains a sound-blocking sandwich element of chipboard, heavy-layer and recycled acoustic filling. Height-adjustable, hidden feet and wheels for easy adjustment.

Frame
Coated post-costumer recycled aluminium.

Ventilation
Adjustable, three-level ventilation flow.
Capacity: 148 l/s. Control knob on inner wall.

Lighting
Shallow-angle LED light in ceiling: 7.2 W/m, 3000 K, 880 lm/m. Center LED light in ceiling: 7.2 W/m, 3000 K, 880 lm/m. LED light length: 12.5 m. Add-on spotlights available for Zen Pod Advanced: 2 x 4.5 W, 3000 K, 300 lm, 36-degree angle. Control knob on inner wall.

Power sockets/cords
2 x 230V, located on the inner walls. Standard sockets EU Schuko, DK, UK or USB available. 5 m power cord connected to roof or 2.5 m to floor.

Sliding curtain
Available for Zen Pod Advanced: Davos 3660 beige translucent textile linen-like look, Trevira CS (flame retardant), OEKO-TEX.

Sustainability
The product is designed to be reused and comes with a 10-year replacement parts warranty. Use our service at the end of your product's lifecycle. Find out more here: www.abstracta.se

Zen Pod Advanced Medium. Equipped with Focus work room furniture.

Care instructions

Fabric
To maintain the color and appearance of the fabric, it should be vacuum cleaned regularly with a soft nozzle.

Stain Removal for wool:
Dab or wipe gently with a damp cloth.

Table top surface (Zen Pod table top)
Regular maintenance:

- Wipe daily with a damp cloth and pH-neutral detergent or a mixture of water / soap or water / wax.

Stain removal:

- To protect the table surface, always use underlays under cups, flower pots, etc.
- Remove stains as quickly as possible! To do so, use a pH-neutral detergent and water.
- Pigmented stains can be removed with turpentine or other oil-based solvents.

Note: Do not use alkaline or alcohol-based cleaners!

Sustainability

Soundscapes created with care for humans and our planet
At Abstracta, we have been working to create better soundscapes since 1972 – which makes us acoustics pioneers. The core of our business is well-being, which for us includes the well-being of future generations and of the planet. As we see it, sustainability is a natural part of what we do. Every day, we work hard to reach our five sustainability goals. With us on our journey is a team of skilled suppliers and creative designers that take the matter of sustainability and soundscapes just as seriously as we do.

Abstracta 2030 – our five sustainability goals
- Carbon-neutral
- Recycling of 100 % of our textile waste
- 100% certified wood
- 100% Möbelfakta-certified products
- Sustainable range of products

Our most valuable resource
So-called waste is actually valuable material that's simply in the wrong place. At Abstracta, we treat waste material as the highly valuable resource that it truly is. Today, we employ recycled material like textile waste and recycled plastic bottles as acoustic filling in our products.

Zero-waste with Abstracta's recycling service
To eliminate waste, we collect worn-out acoustic panels and other products from our clients and either renovate them or recycle and reuse their materials. To facilitate material circularity, all our products have a modular construction. This makes them easy to repair, reuse and recycle. And it helps us contribute to a sustainable future.

Aluminium with minimal CO_2 impact
Our aluminium components are produced only an hour away from Abstracta by a factory in Vetlanda, whose manufacturing process has the lowest carbon dioxide emissions in their industry. Zen Pod is made with 75% post-consumer aluminium.

This is what we do today to reduce our carbon footprint:
- Abstracta's factory in Lammhult runs on 100 % renewable energy.
- Textile waste and recycled plastic bottles are used as acoustic filling in our products.
- Since 2019, all our new company cars are either electric or plug-in hybrids.
- We prioritize local suppliers, which decreases our transport-related emissions.
- We prioritize transport partners with Euro 6 vehicles.

Global Goals and certificates
The UN Sustainable Development Goals are the basis of our environmental work. We are focused on five goals to which we can contribute the most. As part of our sustainability work, we are ISO 9001, ISO 14001 and ISO 45001 certified, and our products bear the Möbelfakta and Acoustic Facts quality seals.

MÖBELFAKTA

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We create better soundscapes

At Abstracta, we have been working to create better soundscapes since 1972 – which makes us acoustics pioneers. Today, we offer a wide variety of solutions for different types of environments and requirements – from thoughtfully designed sound-absorbent screens and surfaces to innovative furniture with integrated acoustic characteristics. And in close collaboration with some of the world's most influential contemporary designers, we are constantly exploring new ways to create better soundscapes.

We manufacture our furniture in Småland, Sweden, and our customers are located throughout the world. Abstracta is part of Lammhults Design Group.

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