abstracta



Zen Pod®

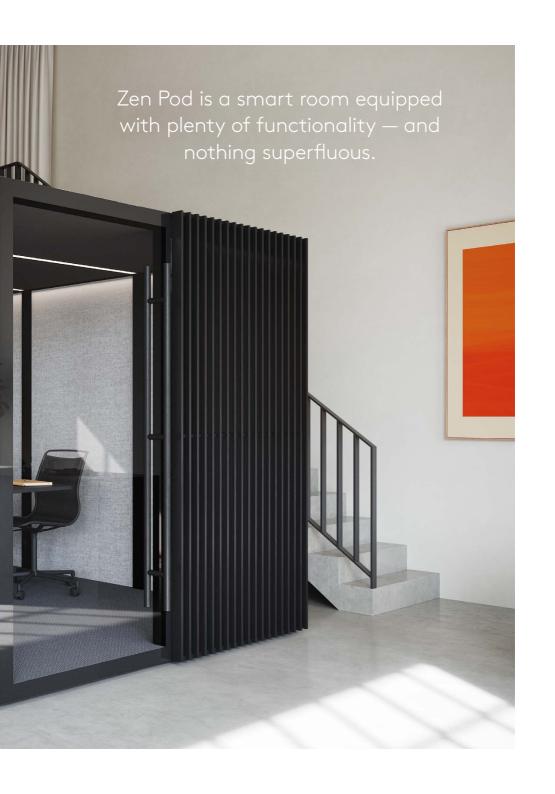


The sparse and harmonious design of the room itself is inspired by Japanese interiors.

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

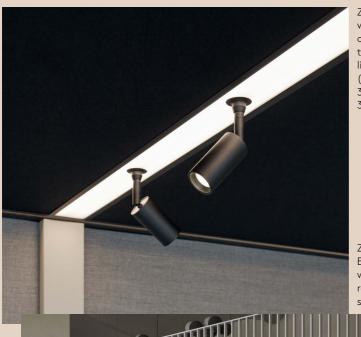








Zen Pod Advanced Large. Equipped with Focus work room furniture.



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 Im, 36 degrees angle.

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





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 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 multiple 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.



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.

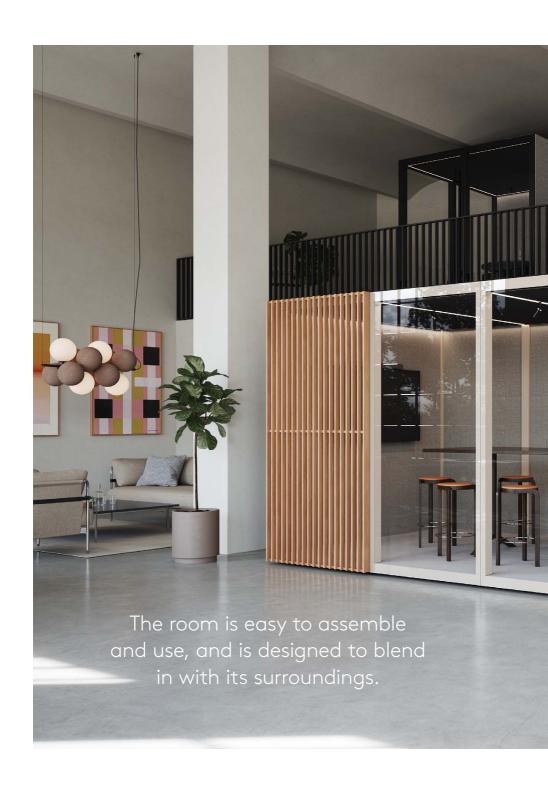
The ventilator fan is positioned in the ceiling next to the lighting, thus making it barely visible at all. Zen Pod isn't a room you want to leave after you've done what you came to do — but one in which you're quite happy to stay for a while. Its lines and square composition reflect Japanese aesthetic 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.









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 product has an energy-saving function that activates automatically after one hour without active input to the knob.

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, L, XL and XXL) both feature a center light, while Zen Pod Advanced (M, L, XL and XXL) is also equipped with 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



CarpetFletco 377370 Charcoal grey



Wood parts: handle/fixed desk/slatted panel

Black stained oak

Wall fabric

Gabriel Focus Melange, 6 standard colours













Accessories:



Ramp

Ensure Zen Pod accessibility by using a custom ramp. Please be aware that door adjustments may be necessary when a ramp is required.



Slatted panel

Black stained oak

- Easily added/removed.
- For front/side glass walls (not door).
- Available for S, M, L, XL and XXL.
- Comes in three sizes (1200x2245 mm, 1156x2245 mm and 1105x2245 mm) depending on placement and Zen Pod size.



Clean Supplied unfurnished

CommunicateMeeting room furniture

Focus Work room furniture

Small



Fixed desk (1070x350 mm)



Fixed desk (1070x350 mm), 1 black bar stool (A22 Lammhults)



Fixed desk (1070x350 mm), 1 black work chair (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V

Medium



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 allin-one USB conferencing device



Fixed desk (1070x350 mm), 1 black work chair (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V

Large





1 dB pillar table, black (Focus Melange 60900, 1000x730 mm), 5 dB stools (Focus Melange 60900), 1 NEC Multisync M551 LCD 55" display, Bose Videobar™ VB1 all-inone USB conferencing device



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

ΧL





1 customized fixed table, black (2375x900 mm), 6 black work chairs (Atlas Lammhults 5 feet incl. castors), 1 NEC Multisync M551 LCD 55" display, Bose Videobar TM VB1 all-in-one USB conferencing device



1 height adjust.desk (R5 Ragnars black desk, 1400x600 mm), 1 black work chair (Atlas Lammhults 5 feet incl. castors), 1 table (S50 Fora Form (H600) black stained oak/ black), 1 beige meeting chair (X75-2 Lammhults), 2 extra power sockets 230V

XXL



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, XL and XXL).
- Recessed curtain track.
- Can be mirrored left or right.



FrameNordic 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

Davos 3660 beige translucent textile, linen-like look



Spotlights (sizes M, L, XL and XXL) 4.5 W, 3000 K, 300 lm, 36 degree angle

Accessories:



Ramp

Ensure Zen Pod accessibility by using a custom ramp. Please be aware that door adjustments may be necessary when a ramp is required.



Slatted panel

Clear varnished oak

- Easily added/removed.
- For front/side glass walls (not door).
- Available for S, M, L, XL and XXL.
- Comes in three sizes (1200x2245 mm, 1156x2245 mm and 1105x2245 mm) depending on placement and Zen Pod size.



Clean Supplied unfurnished

CommunicateMeeting room furniture

FocusWork room furniture

Small



Fixed desk (1070x350 mm)



Fixed desk (1070x350 mm), 1 black bar stool (A22 Lammhults)



Fixed desk (1070x350 mm), 1 black work chair (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V

Medium



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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 allin-one USB conferencing device



Fixed desk (1070x350 mm), 1 black work chair (Atlas Lammhults 5 feet incl. castors), 2 extra power sockets 230V

Large





1 dB pillor table, black (Focus Melange 60900, 1000x730 mm), 5 dB stools (Focus Melange 60900), 1 NEC Multisync M551 LCD 55" display, Bose Videobar™ VB1 all-inone USB conferencing device



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

ΧL





1 customized fixed table, black (2375x900 mm), 6 black work chairs (Atlas Lammhults 5 feet incl. castors), 1 NEC Multisync M551 LCD 55" display, Bose VideobarTM VB1 all-in-one USB conferencing device



1 height adjust.desk (R5 Ragnars black desk, 1400x600 mm), 1 black work chair (Atlas Lammhults 5 feet incl. castors), 1 table (S50 Fora Form (H600) black stained oak/ black), 1 beige meeting chair (X75-2 Lammhults), 2 extra power sockets 230V

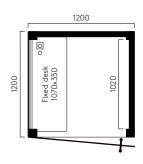
XXL



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: 176 I/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.

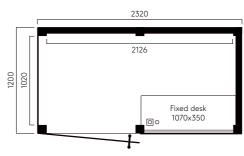
Desk

Fixed oak desk 1070x350 mm.

Sustainability

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: 54 I/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 spotlights 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.

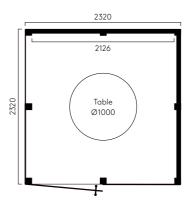
Desk

Fixed oak desk 1070x350 mm.

Sustainability

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: 104 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: 2×4.5 W, 3000 K, 300 lm, 36-degree angle. Control knob on inner wall.

Power sockets/cords

 $2\times230V$, 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.

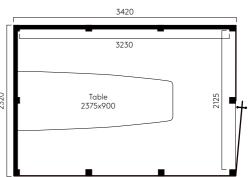
Sliding curtain

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

Sustainability

XL: Technical Specifications





Dimensions

External: 3410 x 2320 x 2310 mm Internal: 3216 x 2126 x 2100 mm

Weight

1100 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: 132 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: 19 m. Add-on spotlights available for Zen Pod Advanced: 4 x 4.5 W, 3000 K, 300 lm, 36-degree angle. Control knob on inner wall.

Power sockets/cords

 $4\,x\,230V,$ 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

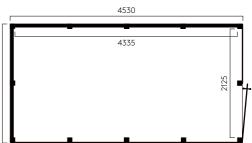
Available for Zen Pod Advanced: Davos 3660 beige translucent textile linen-like look, Trevira CS (flame retardant), OEKO-TEX.

Sustainability

^{*} Test result based on size Large.

XXL: Technical Specifications





Dimensions

External: 4515 x 2320 x 2310 mm Internal: 4321 x 2126 x 2100 mm

Weight

1350 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.

rame

Coated post-costumer recycled aluminium.

Ventilation

Adjustable, three-level ventilation flow. Capacity: 148 I/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: 25 m. Add-on spotlights available for Zen Pod Advanced: 6 x 4.5 W, 3000 K, 300 lm, 36-degree angle. Control knob on inner wall.

Power sockets/cords

6 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

^{*} Test result based on size Large.



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 alcoholbased cleaners!





Sustainability

Since 1972, Abstracta has been working to create better soundscapes, making us pioneers in acoustic products. Well-being is at the heart of our business, including the well-being of future generations and the planet. Sustainability is a natural part of our operations. We are accompanied on this journey by skilled suppliers and designers who take sustainability and soundscapes as seriously as we do at Abstracta.

Abstracta 2030 - our five sustainability goals

- Carbon neutral
- 100% recycling of textile waste
- 100% certified wood material
- 100% Swedish Möbelfakta certified products
- Circular product range

What we do to reduce our carbon footprint:

- Offset emissions in 2022 in Scope 1, 2, and parts of Scope 3. Mapping of remaining parts of Scope 3 is ongoing.
- Textile waste and PET bottles are used as material for acoustic filling.
- Our factory in Lammhult is powered 100% by electricity from renewable sources. Installation of a solar panel system for the Lammhult factory is underway.
- We only purchase company vehicles that are electric cars or plug-in hybrids.
- We prioritize local suppliers, reducing transportation. In 2023, over 80% of the purchasing volume was from Swedish suppliers within 250 km reach from our factory in Lammhult.

- Third-party-reviewed EPD documents available for about 40% of our products by the end of 2023.
- In 2023, we received our first Nordic Swan Ecolabel certified products.
- We became FSC® certified in 2023.
- In 2023, we have transitioned to using recycled aluminum in our profiles. Where it hasn't been possible, we instead use aluminum with a lower CO₂ footprint than the industry standard. Last year, 46% of our aluminum was recycled.

Abstracta's Reuse Service

We offer a reuse service for our customers. It involves collecting used sound absorbers and other products for renovation, reuse, or recycling. To facilitate circularity, our products consist of exchangeable parts, simplifying repair, reuse, and recycling. Contact our sales support team for more information!

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.







Read more about our sustainability work at our website: abstracta.se/sustainability

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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.