



Zen Pod®

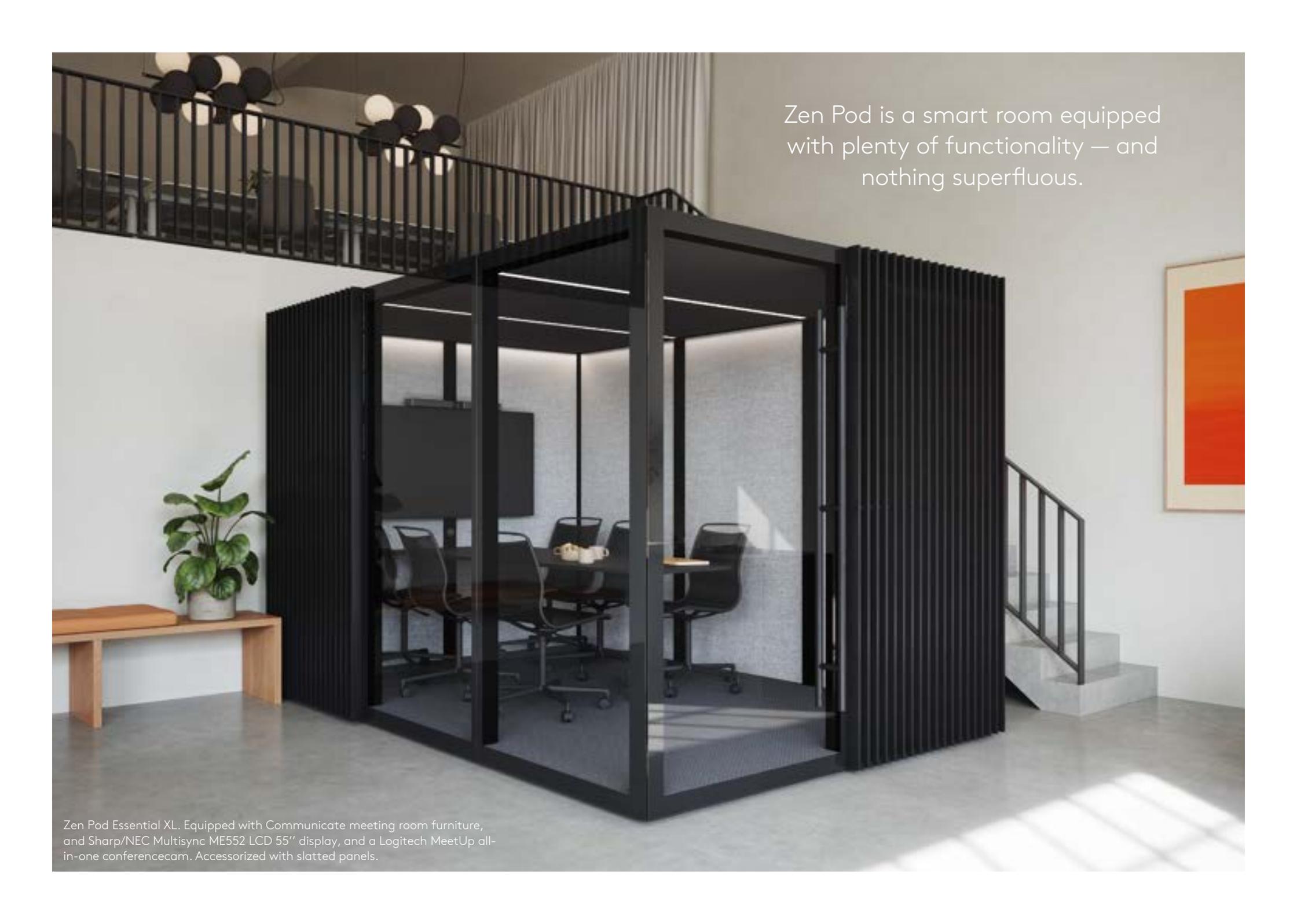


The sparse and harmonious design of the room itself is inspired by Japanese interiors.

“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 Essential XL. Equipped with Communicate meeting room furniture, and Sharp/NEC Multisync ME552 LCD 55" display, and a Logitech MeetUp all-in-one conferencecam. Accessorized with slatted panels.



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 lm, 36 degrees angle.

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





Abstracta has joined forces with display and sound giants Sharp/NEC and Logitech to make Zen Pod the obvious plug-and-play solution for hybrid meetings.

Zen Pod Advanced Large. Equipped with Communicate meeting room furniture, and Sharp/NEC Multisync ME552 LCD 55" display, and a Logitech MeetUp all-in-one conferencecam.

## 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 reuse service, a program for end-of-life treatment of Abstracta's 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 Sharp/NEC Multisync ME552 LCD 55" display, and a Logitech MeetUp all-in-one conferencecam.



The room is easy to assemble and use, and is designed to blend in with its surroundings.

Zen Pod Advanced XXL with generous dimensions to function as a complete conference room for many people. In this version, accessorized with slatted oak panels. The Zen Pod XXL is supplied unfurnished. The image illustrates a proposed seating arrangement for conferences, designed to accommodate 8 people.



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



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

# 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 uniquely 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



**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:



**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

**Communicate**  
Meeting 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 Sharp/NEC Multisync ME432 LCD 43" display, Logitech MeetUp all-in-one conferencecam.



**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 Sharp/NEC Multisync ME552 LCD 55" display, Logitech MeetUp all-in-one conferencecam.



**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

**XL**



**1 customized fixed table**, black (2375x900 mm), **6 black work chairs** (Atlas Lammhults 5 feet incl. castors), 1 Sharp/NEC Multisync ME552 LCD 55" display, Logitech MeetUp all-in-one conferencecam.



**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 (sizes M, L, XL and XXL).
- 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



**Spotlights**  
Sizes M, L, XL & XXL.  
4.5 W, 3000 K, 300 lm,  
36 degree angle



**Recessed curtain**  
Sizes M, L, XL & XXL.  
Davos 3660 beige translucent  
textile, linen-like look

## 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

**Communicate**  
Meeting 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 Sharp/NEC Multisync ME432 LCD 43" display, Logitech MeetUp all-in-one conferencecam.



**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 Sharp/NEC Multisync ME552 LCD 55" display, Logitech MeetUp all-in-one conferencecam.



**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

**XL**



**1 customized fixed table**, black (2375x900 mm), **6 black work chairs** (Atlas Lammhults 5 feet incl. castors), 1 Sharp/NEC Multisync ME552 LCD 55" display, Logitech MeetUp all-in-one conferencecam.



**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-consumer recycled aluminium.

## Ventilation

Adjustable three-level ventilation flow.  
Capacity: 21 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.

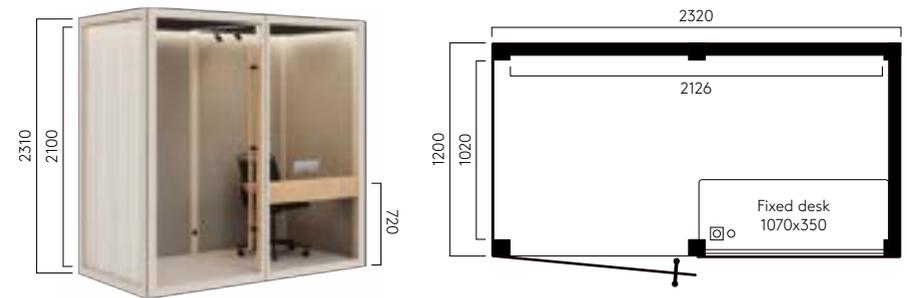
## Desk

Fixed oak desk 1070x350 mm.

## Sustainability

Swedish Möbelfakta certified. To lower the environmental impact, the aluminium profiles are made from 75% recycled aluminium. Also, the sound-absorbing filling is partly made from textile waste and polyester reclaimed from recycled PET bottles. The product is designed to be reused and we offer 10 years spare part warranty. Use our reuse service when the product's lifecycle is over, see more: [www.abstracta.se](http://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-consumer recycled aluminium.

## Ventilation

Adjustable three-level ventilation flow.  
Capacity: 21 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.

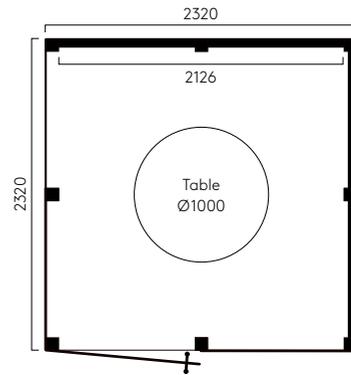
## Desk

Fixed oak desk 1070x350 mm.

## Sustainability

Swedish Möbelfakta certified. To lower the environmental impact, the aluminium profiles are made from 75% recycled aluminium. Also, the sound-absorbing filling is partly made from textile waste and polyester reclaimed from recycled PET bottles. The product is designed to be reused and we offer 10 years spare part warranty. Use our reuse service when the product's lifecycle is over, see more: [www.abstracta.se](http://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-consumer recycled aluminium.

## Ventilation

Adjustable, three-level ventilation flow.  
Capacity: 34 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.

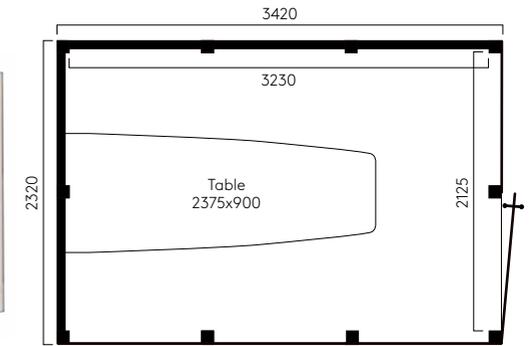
## Sliding curtain

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

## Sustainability

Swedish Möbelfakta certified. To lower the environmental impact, the aluminium profiles are made from 75% recycled aluminium. Also, the sound-absorbing filling is partly made from textile waste and polyester reclaimed from recycled PET bottles. The product is designed to be reused and we offer 10 years spare part warranty. Use our reuse service when the product's lifecycle is over, see more: [www.abstracta.se](http://www.abstracta.se)

# 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-consumer recycled aluminium.

## Ventilation

Adjustable, three-level ventilation flow.  
Capacity: 41 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

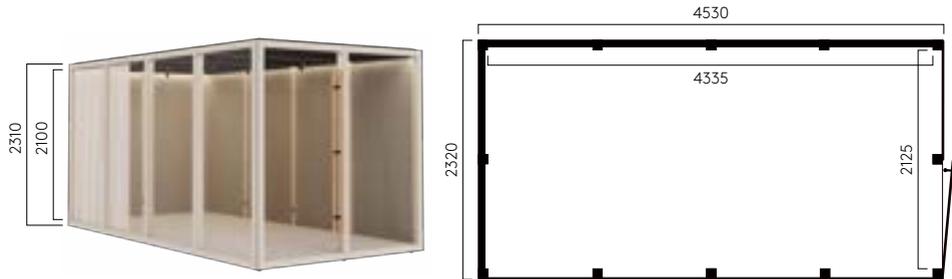
Available for Zen Pod Advanced: Davos 3660 beige translucent textile linen-like look, Trevira CS (flame retardant), OEKO-TEX.

## Sustainability

Swedish Möbelfakta certified. To lower the environmental impact, the aluminium profiles are made from 75% recycled aluminium. Also, the sound-absorbing filling is partly made from textile waste and polyester reclaimed from recycled PET bottles. The product is designed to be reused and we offer 10 years spare part warranty. Use our reuse service when the product's lifecycle is over, see more: [www.abstracta.se](http://www.abstracta.se)

\* 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.

## Frame

Coated post-consumer recycled aluminium.

## Ventilation

Adjustable, three-level ventilation flow.  
Capacity: 56 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: 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

Swedish Möbelfakta certified. To lower the environmental impact, the aluminium profiles are made from 75% recycled aluminium. Also, the sound-absorbing filling is partly made from textile waste and polyester reclaimed from recycled PET bottles. The product is designed to be reused and we offer 10 years spare part warranty. Use our reuse service when the product's lifecycle is over, see more: [www.abstracta.se](http://www.abstracta.se)

\* Test result based on size Large.



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

# Care instructions

## Carpet

Vacuum regularly.

## Glass walls

Lightly soiled glass surfaces can be cleaned with lukewarm water. Wipe dry with a dry cloth. Clean regularly with regular window cleaner.

## Inner ceiling made of textile

To preserve color and appearance, the fabric should be vacuumed regularly with a soft nozzle.

## Aluminum frame, interior

Clean if necessary with a clean and damp cloth, possibly with a little pH-neutral cleaning agent.

## Outer roof, including fan grate

Vacuum with a soft brush regularly.

## Fixed tabletop

Wipe off regularly with a damp cloth and pH-neutral cleaning agent, alternatively a mixture of water and soap.

## Door hinges

Lubricated regularly, but at least once/year.

## Textile walls

To preserve color and appearance, the fabric should be vacuumed regularly with a soft nozzle.

## Stain Removal for polyester:

- Use colorless towel or a washcloth to absorb as much as possible of still-moist stain.
- Dried spots should be vacuumed.
- Wet the stain sparingly with a clean white cotton cloth, lukewarm water and possibly a little pH-neutral detergent.
- Dab the area with a dry cloth or colorless paper towel to absorb the moisture and stain.
- Repeat this process until the stain is gone.
- On the final repetition, use only clean water with no detergent added.
- Finish by dabbing up moisture with a dry cloth or paper towel.

## Stain removal for wool:

- Dab or wipe gently with a damp cloth.



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

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