

# Zen Pod

Design Staffan Holm





# Zen Pod

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Zen Pod, an acoustic oasis. More than just peace and quiet. It is a space to be enjoyed — elegantly and sparingly designed using welcoming, sympathetic materials.

## Specifications

The Zen Pod range consists of small, quiet rooms. Available in three sizes; Small, Medium and Large. Choose between two appearances; "Essential" or "Advanced". Add furnishing packs for meetings or focused work.

Sound attenuation Class A.  
Dampens sound by 31 dB.



Attenuation



Absorption

## Measurements

Applies to both Zen Pod "Essential" and "Advanced" versions.

### Small

1200x1200x2310 mm

### Medium

1200x2320x2310 mm

### Large

2320x2320x2310 mm

**Colours, Certificates,  
Digital Images & CAD files:**

<https://abstracta.se/product/zen-pod/>

## Small



## Medium



## Large



# Appearances

## ZEN POD "ESSENTIAL"

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**Frame**

Black painted RAL 9005

**Wood parts handle/fixed desk/slatted panel**

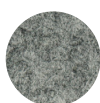
Black stained oak

**Carpet**

Dark grey, Bea 681094



60309



60311



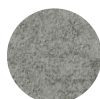
60312

**Wall fabric**

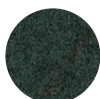
Gabriel Focus Melange, 6 standard colors



61240



66209



68249



## ZEN POD "ADVANCED"

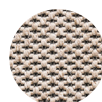
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**Frame**

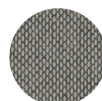
Beige painted NCS S 3005-Y20R

**Wood parts handle/fixed desk/slatted panel**

Clear varnished oak

**Carpet**

Beige, Bea 681092



128

**Wall fabric**

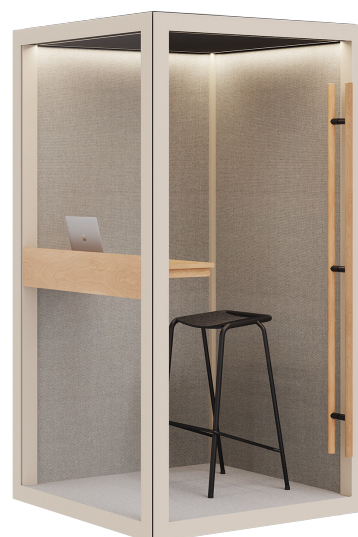
Kvadrat Re-wool 128, 1 color

**Recessed curtain (Size M/L)**

Davos 3660 beige transparent textile, linen-like look










**Spotlights (Size M/L)**

2 x 4,5 W, 3000 K, 300 lm, 36 degrees angle












# Overview

## ZEN POD "ESSENTIAL"

	Small	Medium	Large
<b>Clean</b> Supplied unfurnished	 Fixed desk		
<b>Communicate</b> Meeting room furniture	 Fixed desk 1 bar stool	 1 table 2 meeting chairs 43" TV, sound bar video conf. camera	 1 table 5 stools 55" TV, sound bar video conf. camera
<b>Focus</b> Work room furniture	 Fixed desk 1 work chair	 Fixed desk 1 work chair	 Hight adjust.desk 1400 1 work chair

## ZEN POD "ADVANCED"

	Small	Medium	Large
<b>Clean</b> Supplied unfurnished	 Fixed desk		
<b>Communicate</b> Meeting room furniture	 Fixed desk 1 bar stool	 1 table 2 meeting chairs 43" TV, sound bar video conf. camera	 1 table 5 stools 55" TV, sound bar video conf. camera
<b>Focus</b> Work room furniture	 Fixed desk 1 work chair	 Fixed desk 1 work chair	 Hight adjust.desk 1400 1 work chair



# Zen Pod "Small"



## TECHNICAL SPECIFICATION

Dimensions	External: 1200 x 1200 x 2310 mm Internal: 1125 x 1125 x 2100 mm / Weight: 360 Kg.
Acoustics	Isolation Class A in accordance with ISO 23351. Absorbing walls in accordance with ISO 20189.
Walls	Two angled walls with upholstered absorbing panels on both sides. The wall contains a sound blocking and absorbing sandwich element of sheet metal and 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, soundabsorbing ceiling panel in black Gabriel Focus fabric. Ventilation and shallow angle LED lighting integrated along 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 adjustments.
Frame	Coated aluminium.
Ventilation	Adjustable ventilation flow i three levels. Units without fixed desk: the control is placed on the inner wall, units with fixed desk: the control is placed on the desk.
Lighting	Shallow angle LED light in ceiling: 7,2 W/m -3000 K, 880 lm/m. LED light length 4 m. The control is placed on the desk.
Power sockets/cords	1 x 230V, placed on fixed desk. Standard sockets EU Schuko, DK, UK or USB available. 5 m power cord connected to roof or 2,5 m to floor.
Desk	Fixed oak desk 1070x35 mm.
Circularity	The product is designed to be reused and we offer 10 years spare part warranty. Use our Zero-waste recycle service when the product's lifecycle is over, see more: <a href="http://www.abstracta.se">www.abstracta.se</a>

# Zen Pod "Small"

## ADDITIONAL FURNITURE PACKAGES

### "Communicate"

Meeting room furniture



- 1 fixed desk in clear varnished oak or black stained oak positioned at 1100 mm from floor. (Table accessories in image not included)
- 1 black bar stool A22 Lammhults.

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### "Focus"

Work room furniture



- 1 fixed desk in clear varnished oak or black stained oak positioned at 720 mm from floor. (Table accessories in image not included)
- 1 black work chair Atlas Lammhults 5 feet incl. castors.
- 2 extra power sockets 230V.

# Zen Pod "Medium"



## TECHNICAL SPECIFICATION

Dimensions	External: 1200 x 2320 x 2310 mm Internal: 1125 x 2230 x 2100 mm / Weight: 530 Kg.
Acoustics	Isolation Class A in accordance with ISO 23351. Absorbing walls in accordance with ISO 20189.
Walls	Two angled walls with upholstered absorbing panels on both sides. The wall contains a sound blocking and absorbing sandwich element of sheet metal and 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, soundabsorbing ceiling panel in black Gabriel Focus fabric. Ventilation and shallow angle LED lighting integrated along 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 adjustments.
Frame	Coated aluminium.
Ventilation	Adjustable ventilation flow i three levels. Unit without fixed desk: the control is placed on the inner wall, unit with fixed desk: the control is placed on the desk.
Lighting	Shallow angle LED light in ceiling: 7,2 W/m -3000 K, 880 lm/m. LED light length: 8,2 m. Add-on spotlights available for "Advanced": 2 x 4,5 W, 3000 K, 300 lm, 36 degrees angle. Unit without fixed desk: the control is placed on the inner wall, unit with fixed desk: the control is placed on the desk.
Power sockets/cords	2 x 230V, placed 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 "Advanced": Davos 3660 beige transparent textile linen-like look, Trevira CS (flame retardant), OEKO-TEX.
Desk	Fixed oak desk 1070x35 mm.
Circularity	The product is designed to be reused and we offer 10 years spare part warranty. Use our Zero-waste recycle service when the product's lifecycle is over, see more: <a href="http://www.abstracta.se">www.abstracta.se</a>

# Zen Pod "Medium"

## ADDITIONAL FURNITURE PACKAGES

### "Communicate"

Meeting room furniture



- 1 table S50 Foraform (H600) black stained oak/black.
- 2 black meeting chairs X75-2 Lammhults
- 1 NEC Multisync M431 LCD 43" display
- Bose Videobar™ VB1 all-in-one USB conferencing device

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### "Focus"

Work room furniture



- 1 fixed desk in clear varnished oak or black stained oak, positioned 720 mm from floor. (Table accessories in image not included)
- 1 black work chair Atlas Lammhults 5 feet incl. castors (black lacquered stand and black fabric)
- 2 extra power sockets 230V



# Zen Pod "Large"



## TECHNICAL SPECIFICATION

Dimensions	External: 2320 x 2320 x 2310 mm Internal: 2230 x 2230 x 2100 mm / Weight: 925 Kg.
Acoustics	Isolation Class A in accordance with ISO 23351. Absorbing walls in accordance with ISO 20189.
Walls	Two angled walls with upholstered absorbing panels on both sides. The wall contains a sound blocking and absorbing sandwich element of sheet metal and 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, soundabsorbing ceiling panel in black Gabriel Focus fabric. Ventilation and shallow angle LED lighting integrated along 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 adjustments.
Frame	Coated aluminium.
Ventilation	Adjustable ventilation flow i three levels. The control is placed on the inner wall.
Lighting	Shallow angle LED light in ceiling: 7,2 W/m -3000 K, 880 lm/m. LED light length: 12,5 m. Add-on spotlights: 2 x 4,5 W, 3000 K, 300 lm, 36 degrees angle. The control is placed on the inner wall.
Power sockets/cords	2 x 230V, placed 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 "Advanced": Davos 3660 beige transparent textile linen-like look, Trevira CS (flame retardant), OEKO-TEX.
Circularity	The product is designed to be reused and we offer 10 years spare part warranty. Use our Zero-waste recycle service when the product's lifecycle is over, see more: <a href="http://www.abstracta.se">www.abstracta.se</a>

# Zen Pod "Large"

## ADDITIONAL FURNITURE PACKAGES

### "Communicate"

Meeting room furniture



- 1 dB pillar table, black (fabric Focus melange 60900).
- 5 dB stools (fabric Focus melange 60900).
- 1 NEC Multisync M551 LCD 55" display.
- Bose Videobar™ VB1 all-in-one USB conferencing device.

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### "Focus"

Work room furniture



- 1 height-adjustable, black desk R5 Ragnars, 1400x600mm.
- 1 black work chair "Atlas" Lammhults 5 feet incl. castors.
- 2 extra power sockets 230V.

## Accessories

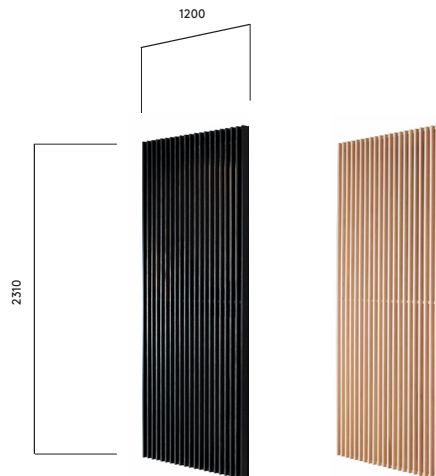
### SLATTED PANELS



**"Essential"**  
Black stained oak



**"Advanced"**  
Clear varnished oak



- Easily added/removed.
- For front/side glass walls (not door).
- Available for Small, Medium & Large.