

Press Release Zen Pod 2026

abstracta

Abstracta's Zen Pod gets a stylish
upgrade with new furniture packages
designed by Staffan Holm.

Abstracta's Zen Pod, designed by Staffan Holm, has since its premiere in 2021 become a natural fit in environments defined by meetings and activity. From modern offices and universities to hotels and hospitals, Zen Pod provides an acoustic oasis that creates the perfect conditions for digital meetings, quiet conversations, and focused work.

Zen Pod also significantly improves the surrounding soundscape. With sound attenuation of up to 30,7 dB (ISO 23351:2020), it is one of the most effective quiet rooms on the market. The space is designed with a focus on user wellbeing, giving a sense of care and comfort the moment you step inside.

The room is easy to assemble and use, featuring a harmonious design inspired by Japanese interiors that blends naturally into its surroundings. This year's release comes at a time when hybrid workplaces are expanding. Zen Pod meets the need for different environments for different work styles – offices, digital workspaces, co-working spaces, and home offices – while strengthening the office's role as a place for community, creativity, and collaboration.

Opening the door to a Zen Pod is stepping into a calm, safe, and welcoming environment. The room is more than just silence – it is a space to enjoy, elegantly and sparsely designed with natural materials such as wood and wool textiles, combined with glass, aluminum, and steel. Staffan Holm has carefully worked to create a space that feels open and inviting.

"Completely silent rooms can be quite uncomfortable to be in. Zen Pod allows the surrounding environment to be present without being distracting. The room is quiet, not enclosed," says Staffan Holm.

The ventilation system is high-performing without disruptive noise or vibrations and is discreetly integrated into the ceiling near the lighting. Japanese aesthetic influences are clearly visible in the lines and the square composition, especially for those who add the elegant oak slatted wall. This enhances the visual experience, increases privacy, and improves the soundscape outside the room.

Zen Pod is a smart space equipped with numerous features without containing anything superfluous. The high-quality materials and thoughtful design make the room both comfortable to be in and easy to integrate into its surroundings. Zen Pod is available in two versions – Essential and Advanced – both with premium lighting, ventilation, and carefully selected materials.

New furniture packages for maximum comfort and functionality

This year's edition enhances the feeling of calm and care with specially designed furniture.

Zen Pod Sofa, left- or right-hand module, plywood frame with high-resilience foam, oak legs and back, textile frame in natural linen. Seat with nosag spring system for comfort and durability. Cushions in bouclé made from 100% recycled polyester. Also improves room acoustics. Dimensions: H 880 x W 1002 x D 750 mm, seat depth 520/410 mm, seat height 450 mm.

Zen Pod Tables, Medium and Large, with powder-coated steel frames and tabletops in natural or black-lacquered oak. The Large version includes two integrated power outlets. Tables can also be retrofitted into existing Zen Pods. Medium dimensions: H 740 x L 600 x W 700 mm. Large dimensions: H 740 x L 1400 x W 800 mm.

The furniture is designed to maximize space and provide a fully integrated experience without compromising on material choice or design expression.

Zen Pod offers a place for concentration, relaxation, and creativity – a space where you truly want to spend time.

About Abstracta

We create better soundscapes. As a pioneer in the field of acoustics, Abstracta has embraced the growing interest in sound absorption and more efficient working environments. Unlike visual landscapes, soundscapes can't be seen. Sound doesn't disappear when we close our eyes. The soundscapes that surround us are perpetual and affect us more than we think. Abstracta has used this as its starting point and, combined with the company's knowledge in this area, has developed products that create effective soundscapes for different office environments. Abstracta is a Swedish company with its own factory in Småland which is home to both production and development. The company has been operating since 1972. Abstracta is part of Lammhults Design Group.

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