

» Flow Lab »

# Vision: Wellness + Workplace

## 3. Wellness Facilities

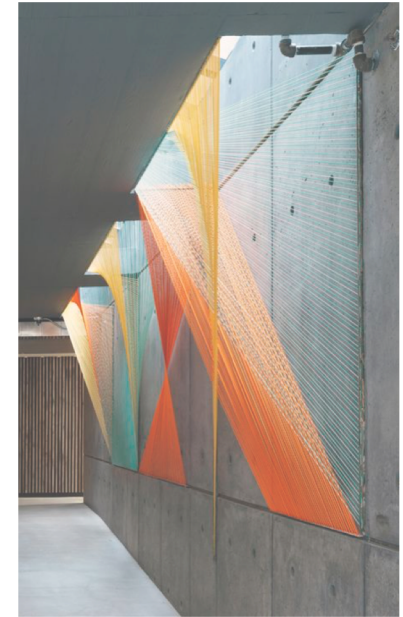
### 1. Focus Work Area



### 5. Artful Space



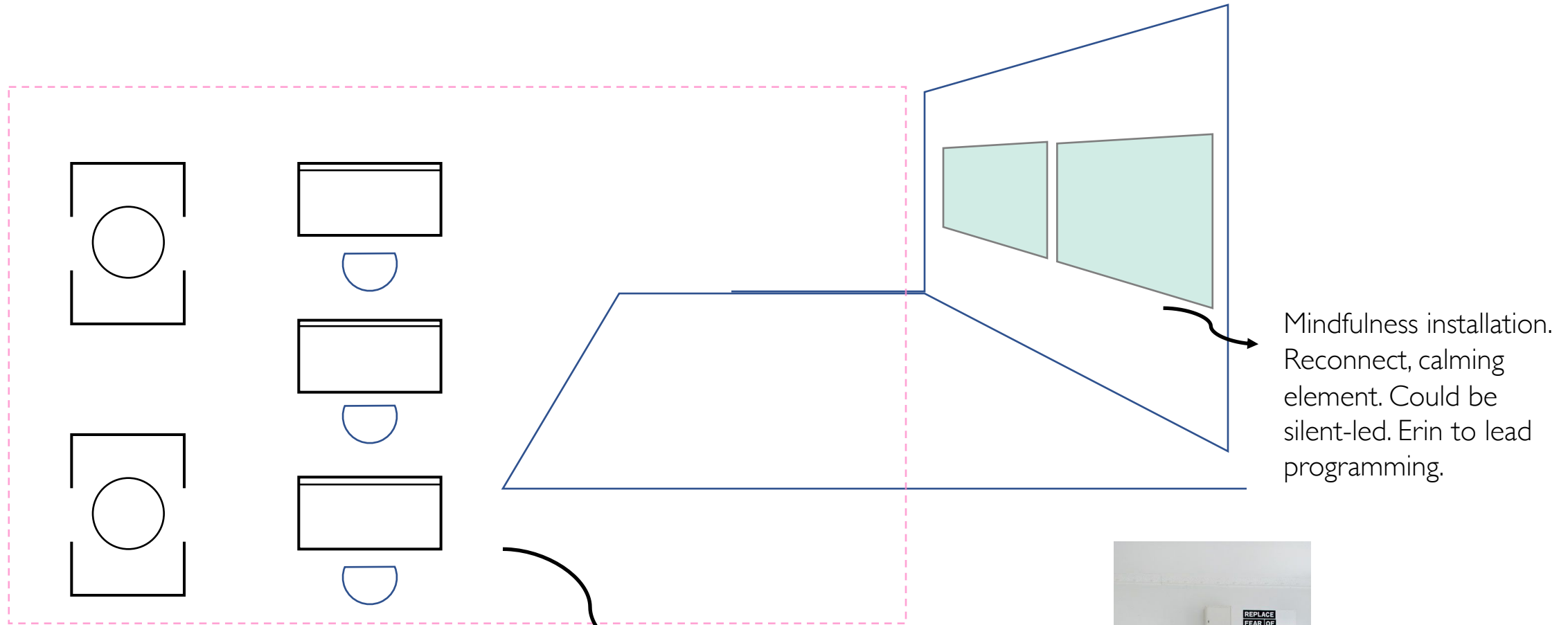
### 4. Health Amenities



### 2. Meet Space



# Focused Work Zone

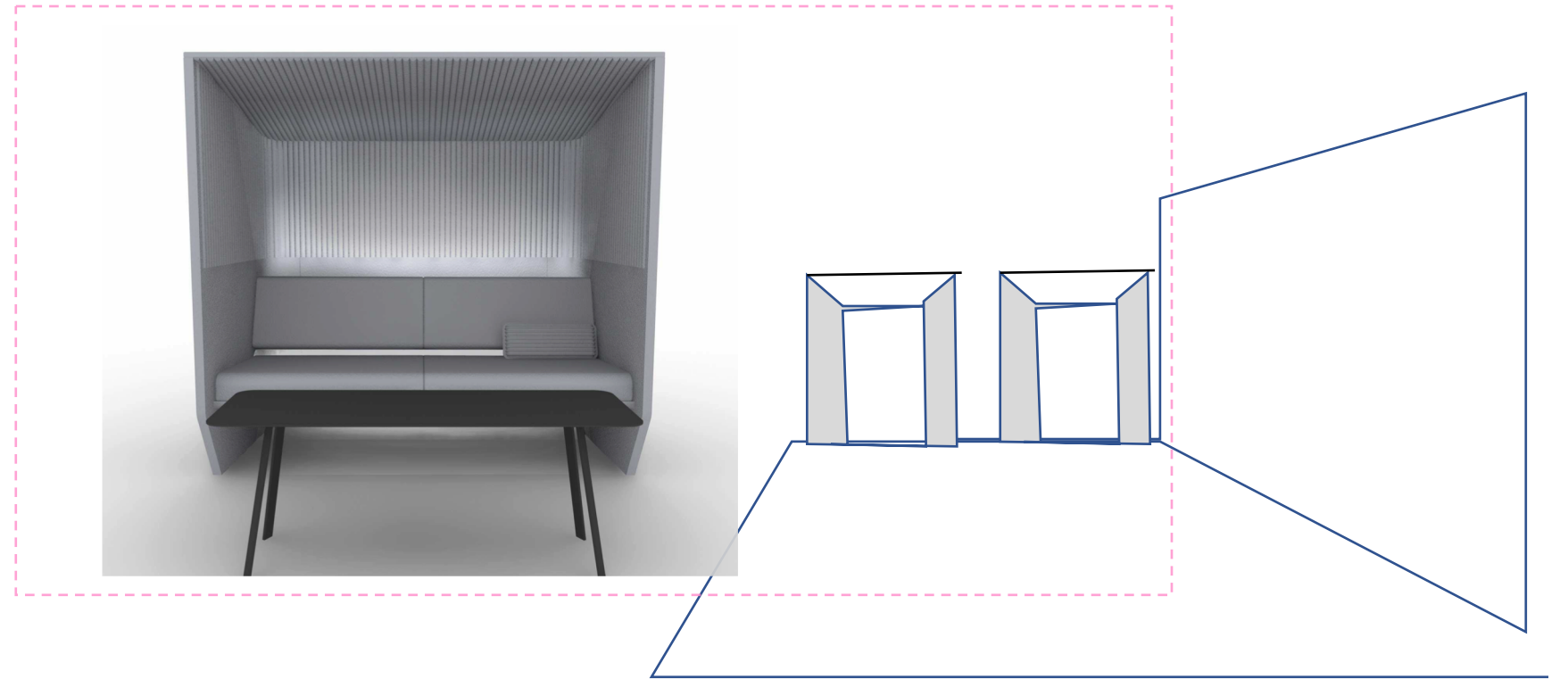


- A mix of individual desks and enclosed “school lounges” to suit different posture preferences
- Mindfulness wall installation should relax the room and offer meditative, non-distracting visual experience



## Meet Zone | Open seating

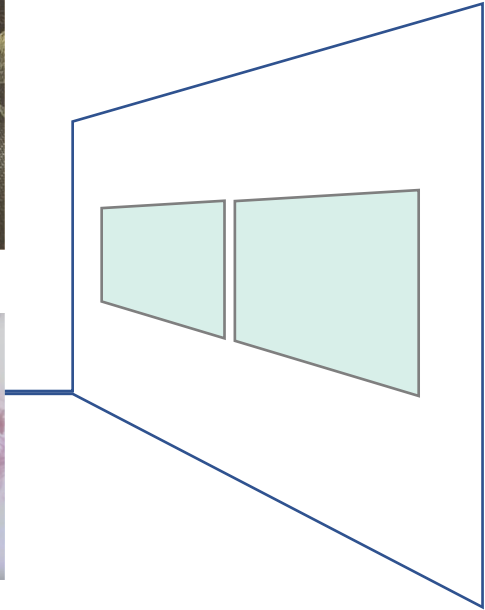
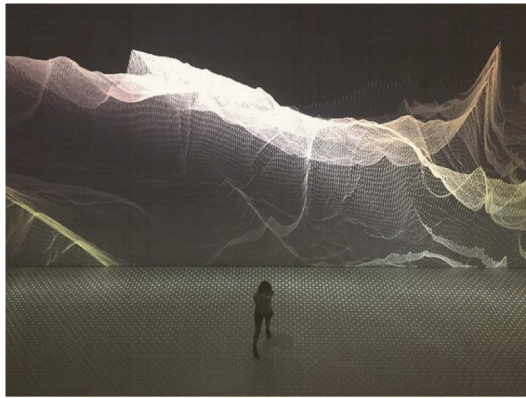
Non-bookable meeting seats can be programmed in between focused zones, separating one zone from the next. These spaces offer a spot for members to grab a coffee and catch up for a few – or can be used for career discussions with in-house career planning professionals.





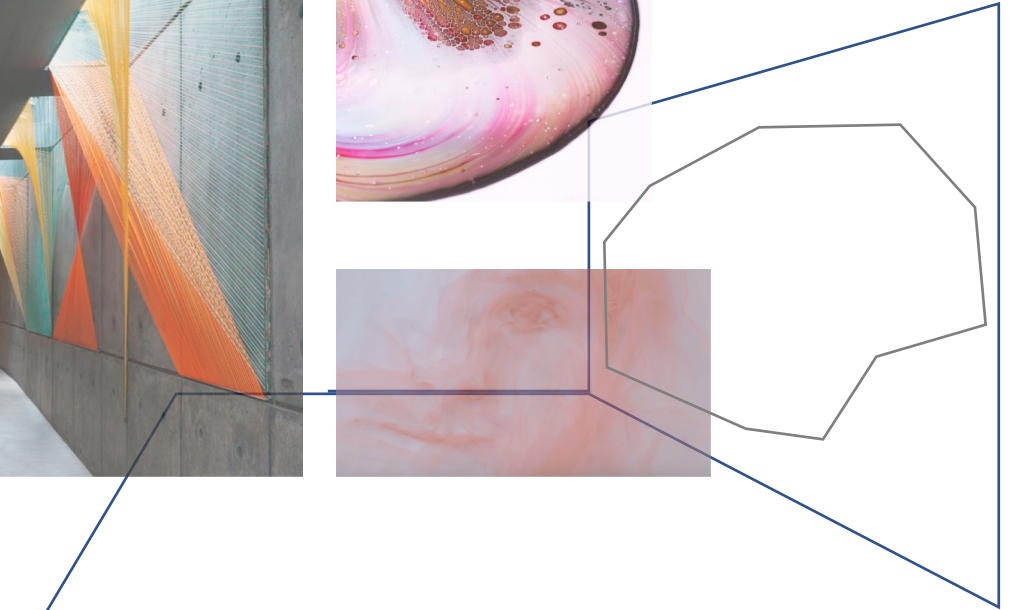
# Installation Opportunities

**Monitor with active video feed.** Content could include silent, non-invasive meditation guidance.



<https://www.youtube.com/watch?v=WHU2sjyD5MM>

**Art that encourages mindfulness, flow, and wellness.**



# Retail Zone: Juicebar layouts

Depending on client preference and real estate location, a juice bar could be a staffed retail space acting as border between private workplace and public eatery. For non-public facing, an unstaffed cooler with swipe-to-pay may act as a private amenity to Flow Lab members.

