

QUIETSPACE

Rooms *for* Practice

Japanese inspired Tatami rooms in corporate settings,
curated for deep listening, improved performance and
overall *Human Well-Being*.



WHY we EXIST

Wellbeing practices require emotional awareness, intent and consistency and oftentimes a physical foundation, a “Psychologically Safe Space” to support us as we shift and grow

WHAT we DO

We build strong *mental practice foundations* (rooms) in organisations, which continually support and maintain wellbeing practices at work

WHY Tatami ROOMS

Dating back to the 8th century, Tatami rooms are treasured for their simplicity and for supporting contemplative practices, *such as meditation*. With tatami matts as their foundation, these rooms create a sense of calmness and harmony

HOW it WORKS

THE PROCESS consultation at QuietSpace, Site identification/scope of work, Tatami room concept design and implementation

CONCEPT INCLUDES

floor treatment
furnishings/accessories
lighting
shoji screen
door treatment
flowers/plants

DESIGN ADDITIONS

QuietSpace accessories
hand crafted furniture
additional Shoji screens
water feature

“QuiteSpace has given me the most important space when developing my business - a place for personal growth”

Cecilie Willer

Founder of Today



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