

Peace Pods & Calming Rooms

Premium sensory spaces for schools and workplaces

Thank you for requesting the information pack. This short guide walks you through what a Peace Pod is, who it's for, how it's built, and what to expect next.

What's inside a Peace Pod

- Acoustically-dampened, low-stimulation interior designed with neurodivergent users in mind.
- Tunable lighting, gentle ventilation and calming finishes in sage & sand.
- Optional sensory add-ons: weighted seating, projection, guided audio and breathwork prompts.
- Bookable via QR — leadership can see usage patterns without identifying individuals.

Two ways to work with us

Essex & surrounding areas	Rest of the UK
Handcrafted locally by our partner GardenRooms365. Bespoke build and installation. Standard project deposit on design sign-off.	Manufactured Peace Pods launching nationally. Join the priority waiting list for early access and launch pricing.

What happens next

- **Within one working day** — a member of the team replies from info@findyourinnerpeace ltd.co.uk with next steps tailored to your setting.
- **Discovery call** — a 20-minute conversation to understand the space, users and outcomes you want.
- **Proposal & timeline** — sizing, features, delivery window and clear pricing.
- **Design & build** — for Essex projects, GardenRooms365 handles fabrication and install; nationally, you're notified 48 hours before public release.

Talk to us

Email: info@findyourinnerpeace ltd.co.uk

Web: findyourinnerpeace ltd.co.uk/pods

Find Your Inner Peace Ltd — calm spaces, practical tools, real change.