

The Right Space

Changes What's Possible



We founded Ava Pods because we believe that the right space can change what's possible. Today, we design and manufacture purpose-built privacy pods for deep work, wellness, and lactation—spaces that help people be fully present for work, care, and connection.

Our roots go back to 2013, when we founded Mamava and pioneered the freestanding lactation pod category. Designing for breastfeeding parents taught us how much the details matter when privacy, dignity, accessibility, and compliance aren't optional. Our pods had to work in real-world environments, accommodate different needs, install without construction, and stand up to the demands of places like airports, hospitals, workplaces, and public spaces.

That experience became the foundation for Ava Pods. We apply what we learned from designing for one of the most personal and demanding use cases to every space we create—from focused work and confidential conversations to telehealth visits and other wellness needs. Our pods are designed to be durable, accessible, and easy to deploy, with customizable options to meet the needs of different organizations and environments.

We believe privacy and supportive space are essential infrastructure—not just nice-to-have amenities. As the way we work, access care, and live continues to change, we believe the spaces around us need to change with it. We're proud of where this work began, and excited about what's next.



Christine Dodson and Sascha Mayer
Ava Pods Co-founders

【 table of contents 】

Why Ava Pods	3
Workspace Pods	4
Wellness Pods	5
Lactation Pods	6
Solutions + Services	7
Appendix	8
■ Workspace	9
Studio	10
Double	14
Slide	18
■ Wellness	22
Studio	23
Double	27
Slide	31
■ Lactation	35
XL	36
Flex	41
Solo	45
Slide	49
Room Solutions	53

Why Ava Pods



Ava Pods helps organizations create the conditions for focus so people can be fully present for productive work, quality care, and meaningful connection.

Modern spaces designed for openness have all but eliminated basic privacy

- **9 in 10 leaders say noise impacts productivity.** (Industry Dive 2026)
- **80% of employees are regularly disrupted.** by office noise (Industry Dive 2026)
- **Open-office noise triggers chronic stress,** which can lead to burnout. (*Forbes*, "Why Your Open Office Workspace Doesn't Work," 2016)
- **91% of executives** reporting a lack of spaces to collaborate **state that the issue affects employee retention.** (Industry Dive 2026)
- Early court decisions on PUMP Act non-compliance have resulted in **significant settlements of over \$200k.** (Faruqi & Faruqi, 2026)
- **Impact, quality, and access to care are at risk.** Virtual healthcare is on the rise, but a lack of secure, confidential spaces may delay people from getting the care they need. (Healthy People 2030)

The Ava Pods Solution



Built for Demanding Environments

Designed for workplaces, healthcare facilities, transportation hubs, and public spaces where privacy, durability, accessibility, and compliance matter.



Assembled in the USA + Made to Last

Every pod is manufactured and warehoused in Vermont, giving us control over materials, quality, and testing—so we get the details right and ship fast.



Flexible by Design

No construction disruption or permanent commitment. Our pods can be relocated and enhanced with graphics and accessories as your needs change.



With You Every Step of the Way

From planning and installation to service and support, Ava Pods ensures a smooth process and long-term success.

8000+ Pods Nationwide

Proven experience designing privacy solutions for public and workplace environments. Trusted by 1 in 5 Fortune 100 companies.



Workspace Pods

Workspace pods are purpose-built to support how people actually work: heads-down focus, calls that need a closed door, conversations that shouldn't have an audience. Designed for places where privacy, durability, and accessibility matters.



Workspace Studio

\$16,895

- 7'1" W x 6'11" D x 7'2" H
- 1,360 lb | 49 sq ft
- 1 - 4 people
- Large, adjustable-height desk
- Space-saving sliding door
- No hardwiring required
- ADA compatible
- Graphic options
- Light or dark finish



Workspace Double

\$10,895

- 7'4" W x 3'11" D x 7'6" H
- 710 lb | 29 sq ft
- 1 - 2 people
- Large, 84" W desk
- Space-saving sliding door
- No hardwiring required
- Graphic options
- Light or dark finish



Workspace Slide

\$5,795

- 4' W x 3'7" D x 7'4" H
- 550 lb | 14 sq ft
- 1 person
- Large, 36" W desk
- Space-saving sliding door
- No hardwiring required
- Graphic options
- Light or dark finish

Wellness Pods

Wellness pods expand access to care by creating a private, dignified space for virtual health services, consultations, and support. Designed for accessibility and comfort, they combine high-performance acoustics, flexible space, and thoughtful features to help people connect with care.



Wellness Studio

\$16,895

- 7'1" W x 6'11" D x 7'2" H
- 1,360 lb | 49 sq ft
- 1 – 4 people
- Large, adjustable-height desk
- Space-saving sliding door
- No hardwiring required
- ADA compatible
- Graphic options
- Light or dark finish



Wellness Double

\$10,895

- 7'4" W x 3'11" D x 7'6" H
- 710 lb | 29 sq ft
- 1 – 2 people
- Large, 84" W desk
- Space-saving sliding door
- No hardwiring required
- Graphic options
- Light or dark finish



Wellness Slide

\$5,795

- 4' W x 3'7" D x 7'4" H
- 550 lb | 14 sq ft
- 1 person
- Large, 36" W desk
- Space-saving sliding door
- No hardwiring required
- Graphic options
- Light or dark finish

Wellness Pod Essentials





mamava® Lactation Pods

Mamava created the freestanding lactation pod category, establishing the expertise that continues to shape Ava Pods today. As the company's lactation product line, Mamava delivers the products, technology, and guidance organizations need to support breastfeeding employees and guests.



Mamava XL

\$23,000

- 📏 9'3" W x 5'6" D x 7'7" H*
- ⚖️ 700 lb | 50 sq ft
- 🔑 Smart Access
- ⊞ Retractable caster wheels for relocation
- ⌘ Assembles in 4 hours
- ♿️ ADA compatible
- 🎨 Graphic options



Mamava Flex

\$15,500

- 📏 6'7" W x 3'8" D x 7'9" H*
- ⚖️ 415 lb | 24 sq ft
- 🔑 Smart Access
- ⌘ Assembles in 2 hours
- ⊞ Retractable caster wheels for relocation
- 🎨 Graphic options



Mamava Solo

\$12,000/\$9,600 (tech-free)
\$583 / \$490 per month**

- 📏 4' W x 4' D x 7'9" H*
- ⚖️ 300 lb | 16 sq ft
- 🔑 Smart Access or tech-free options
- ⌘ Assembles in 2 hours
- ⊞ Retractable caster wheels for relocation
- 🎨 Graphic options



Mamava Slide

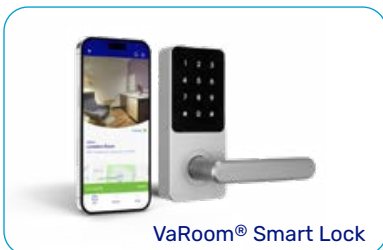
\$7,000
\$350 per month**

- 📏 4' W x 3'7" D x 7'4" H
- ⚖️ 550 lb | 14 sq ft
- 🔑 Manual access
- ⌘ Assembles in 3 hours
- ↔️ Glide feet for relocation

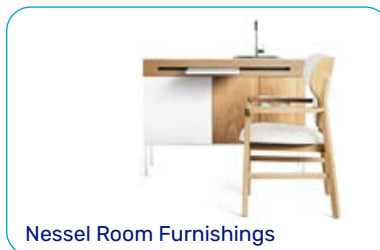
*Includes pod and antenna height.

**Avg. price for 24-mo. rental. 12-mo. rental also available.

Lactation Room Essentials



VaRoom® Smart Lock



Nessel Room Furnishings



Medela Bundles

Solutions + Services



If your privacy space needs are unique, we'll help you build your perfect match. From smart access technology, to room supplies, to fast track delivery and install options, we're here for you every step of the way.

Installation + Service Plans

Let us do the heavy lifting with professional installation and service plans to meet your needs.



Graphic Wraps + Branding

Built-to-order and custom graphics to meet the demands of modern workplaces, campuses, and public spaces.



App + Smart Access Technology

App-powered wayfinding, autonomous access for frictionless lactation space management, virtual lactation consulting, and more.



Pod Add-Ons

Seismic kits, privacy panels and privacy glass, adjustable stools, and more.

Lactation Space Solutions

Whether you're looking to host a lactation space at an event, or outfit a new or existing lactation room, we've got you covered.



Appendix

8,000+ Pods Sold | 13+ Years of Innovation



LEARN MORE

CONNECT WITH SALES

sales@avapods.com | (802) 347-2111





workspace



【workspace】

Studio

\$16,895 | Available for: ✓ Purchase





Customizations + Upgrades



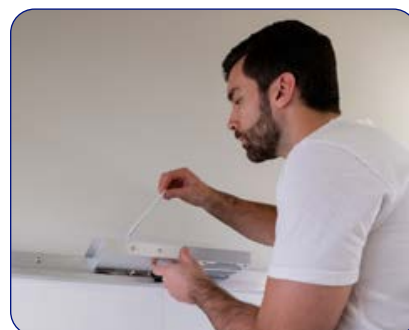
Adjustable Stool

Comfortable, height-adjustable seating with integrated footrest.



Privacy Glass + Wraps

Enhance your pod with back-painted glass for full visual privacy and graphic wraps to showcase your space and partners.



Professional Installation

Our team of expert installers can take care of pod assembly for you.

Standard Finishes



Wood-Grain Finish

Dark or light available.



Flexible Configuration

Standard ADA layout or explore other layout configurations to fit your needs.



Images shown are for inspiration only. Freestanding desk included; additional furnishings not included. Configurations may not be wheelchair accessible



Sliding door

Power cord (left side)



Skylight

Adjustable ventilation system

Floorless design



Acoustic panels

Power outlets

Spacious motorized adjustable desk



Dimensions

Exterior: 7'1" W x 6'11" D x 7'2" H
 Interior: 6'11" W x 6'3" D x 6'11" H
 Door opening: 37.25" W x 80.25" H
 Desk size: 74" W x 25" D
 Adjustable desk height: 28.5" - 46"
 Capacity: 3-4 people
 Turn radius: 60" front of desk,
 72.5" below desk
 Weight: 1360 lb

Spacious motorized adjustable desk

The large (74" W x 25" D) adjustable desk provides ample space to collaborate, meet, and work

Power outlets

The desk features four (4) power outlets, four (4) USB ports, and an access hole to run other cables such as an ethernet port

Floorless design

Floorless design and stepless entrance increase ease of access

Sliding door

Reduces the footprint and maximizes usable space
 Constructed from high-quality tempered safety glass and aluminum framing

Acoustically designed

Sound-dampening design reduces echo and limits sound transfer in and out of the pod

Acoustic panels

Three walls are covered with large sound-absorbing acoustic panels made from post-consumer recycled glass bottles and covered with high-grade acoustic fabric

Skylight

Two large dual-pane acrylic skylights bring in more natural light without compromising acoustic performance

Plug

7-foot power cord (left side) connects to any standard 120V outlet—no hardwiring required

Input

110 VAC, up to 3A (plus any electronics plugged into power outlets/USB ports), 50-60 Hz USB Output: DC 5V, 2.1A

Adjustable lighting

4x adjustable LED gimbal downlights with dimming; 5000K; CRI 90; 0-3,600 lm

Adjustable ventilation system

Ten airflow settings deliver powerful comfort in any environment
 402 CFM (air turnover in as low as 0.5 min)

Privacy

Unique partial privacy wall design eliminates the fishbowl effect
 Lock available as an add-on

Adjustable stool (Sold separately)

Dimensions: 13" W x 14" D
 Adjustable height: 24" - 32" H
 Capacity: 330 lb
 Weight: 7.8 lb
 Materials: Metal frame with black polyurethane leather upholstery



【workspace】



Double

\$10,895 | Available for: ✓ Purchase





Customizations + Upgrades



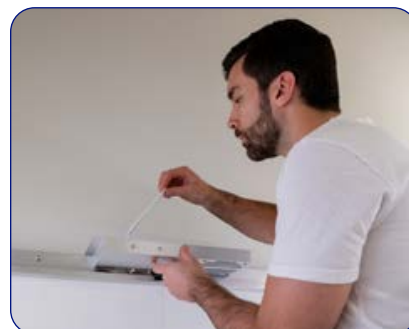
Adjustable Stool

Comfortable, height-adjustable seating with integrated footrest.



Privacy Glass + Wraps

Enhance your pod with back-painted glass for full visual privacy and graphic wraps to showcase your space and partners.



Professional Installation

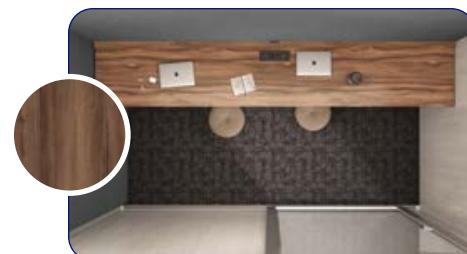
Our team of expert installers can take care of pod assembly for you.

Standard Finishes



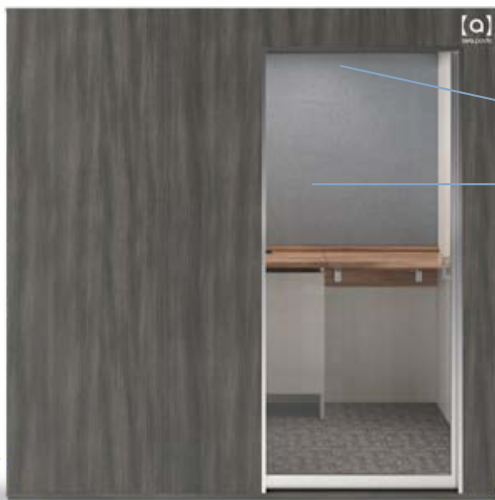
Wood-Grain Finish

Dark or light available.



Desk

Laminated wood



LED lighting

Acoustic panels

Power cord (left side)



Tackable panels

Skylight

Sliding door



Power outlets

Spacious desk

Carpeted floor

Adjustable ventilation system



Dimensions

Exterior: 7'4" W x 3'11" D x 7'6" H
 Interior: 7'1" W x 3'8" D x 7'2" H
 Door opening: 35" W
 Desk size: 74.75" W x 25" D
 Capacity: 2-3 people
 Weight: 710 lb

Spacious desk

Provides more room to spread out and collaborate

Power outlets

Two (2) power outlets, two (2) USB ports, and an access hole to run other cables such as ethernet

Carpeted floors

Comfortable, sound-absorbing carpet ideal for high-traffic areas made from 100% recycled plastic bottles

Sliding door

Reduces the footprint and maximizes usable space
 Constructed from high-quality tempered safety glass and aluminum framing

Tackable panels

Sound-dampening design reduces echo and limits sound transfer in and out of the pod

Acoustic panels

Three walls are covered with large sound-absorbing acoustic panels made from post-consumer recycled glass bottles and covered with high-grade acoustic fabric

Skylight

Large acrylic pane skylight provides increased natural light while maintaining acoustic performance

Plug

14-foot power cord (left side) connects to any standard 120V outlet—no hardwiring required

Input

110 VAC, up to 3A (plus any electronics plugged into power outlets/USB ports), 50-60 Hz USB Output: DC 5V, 2.1A

Lighting

LED task lighting; 4000K; dimmable; 0-360 lm

Adjustable ventilation system

Ultra high-power ventilation with nine airflow settings to maintain a comfortable environment
 Side-by-side 4.75" fans with manual dial controller
 220 CFM, 6,700-hour rated lifespan
 Air turnover in as little as 50 seconds

Privacy

Unique partial privacy wall design eliminates the fishbowl effect
 Lock available as an add-on

Adjustable stool (Sold separately)

Dimensions: 13" W x 14" D
 Adjustable height: 24" - 32" H
 Capacity: 330 lb
 Weight: 7.8 lb
 Materials: Metal frame with black polyurethane leather upholstery



【workspace】

Slide

\$5,795 | Available for: ✓ Purchase





Customizations + Upgrades



Adjustable Stool

Comfortable, height-adjustable seating with integrated footrest.



Privacy Glass + Wraps

Enhance your pod with back-painted glass for full visual privacy and graphic wraps to showcase your space and partners.



Professional Installation

Our team of expert installers can take care of pod assembly for you.

Standard Finishes



Wood-Grain Finish

Dark or light available.



Desk

Laminated wood





Dimensions

Exterior: 4' W x 3'7" D x 7'4" H
 Interior: 3'9" W x 3'3" D x 6'8" H
 Door opening: 18.5" W
 Desk size: 36" W x 16" D x 36" H
 Capacity: 1 person
 Weight: 550lb

Spacious desk

Ample space to work

Power outlets

Two (2) power outlets, two (2) USB ports, and an access hole to run other cables such as ethernet

Underdesk cabinet

Includes a shelf for storing office necessities, cleaning supplies, etc

Sliding door

Reduces the footprint and maximizes usable space

Constructed from high-quality tempered safety glass and aluminum framing

Tackable panels

Sound-dampening design reduces echo and limits sound transfer in and out of the pod

Acoustic panels

Two walls are covered with large sound-absorbing acoustic panels made from post-consumer recycled glass bottles and covered with high-grade acoustic fabric

Skylight

One large acrylic pane skylight provides increased natural light while maintaining acoustic performance

Plug

14-foot power cord (left side) connects to any standard 120V outlet—no hardwiring required

Input

110 VAC, up to 3 A (plus any electronics plugged into power outlets/USB ports), 50–60 Hz USB Output: DC 5 V, 2.1 A

Lighting

Dimmable, positionable LED gimbal lighting for precise illumination in any use case

16.4' LED lighting system; dimmable (0–5,740 lumens, 4000 K); indirect, soft-lit design

Adjustable ventilation system

High-power ventilation keeps the pod comfortable in any environment

UL-certified dual 4.75" fans with manual dial controller; airflow: 20–69 CFM per fan; noise: 16–38 dBA per fan

Privacy

Unique partial privacy wall design eliminates the fishbowl effect

Lock available as an add-on

Adjustable stool (Sold separately)

Dimensions: 13" W x 14" D

Adjustable height: 24" – 32" H

Capacity: 330 lb

Weight: 7.8 lb

Materials: Metal frame with black polyurethane leather upholstery





wellness



【 wellness 】

Studio

\$16,895 | Available for: ✓ Purchase



*Privacy glass not included. Available as add-on.

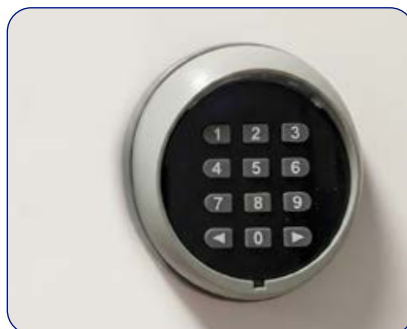


Intentional upgrades and customizations to create a space specifically for care



Privacy Glass

Enhance your pod with back-painted tempered glass for full visual privacy.



Locks

So confidential conversations stay private.



Graphic Wraps

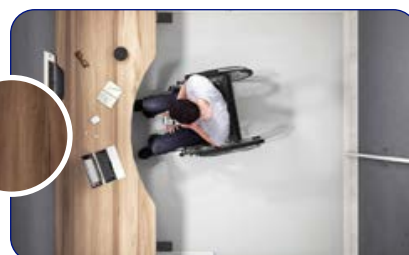
Showcase your space and partners.

Standard Finishes



Wood-Grain Finish

Light or dark available.



Desk

Laminated wood



Sliding door

Power cord (left side)



Skylight

Adjustable ventilation system

Floorless design



Acoustic panels

Power outlets

Spacious motorized adjustable desk



Dimensions

Exterior: 7'1" W x 6'11" D x 7'2" H

Interior: 6'11" W x 6'3" D x 6'11" H

Door opening: 37.25" W x 80.25" H

Desk size: 74" W x 25" D

Adjustable desk height: 28.5" - 46"

Capacity: 3-4 people

Turn radius: 60" front of desk, 72.5" below desk

Weight: 1360 lb

Spacious motorized adjustable desk

The large (74" W x 25" D) adjustable desk provides ample space to collaborate, meet, and work

Power outlets

The desk features four (4) power outlets, four (4) USB ports, and an access hole to run other cables such as an ethernet port

Floorless design

Floorless design and stepless entrance increase ease of access

Sliding door

Reduces the footprint and maximizes usable space

Constructed from high-quality tempered safety glass and aluminum framing

Acoustically designed

Sound-dampening design reduces echo and limits sound transfer in and out of the pod

Acoustic panels

Three walls are covered with large sound-absorbing acoustic panels made from post-consumer recycled glass bottles and covered with high-grade acoustic fabric

Skylight

Two large dual-pane acrylic skylights bring in more natural light without compromising acoustic performance

Plug

7-foot power cord (left side) connects to any standard 120V outlet—no hardwiring required

Input

110 VAC, up to 3A (plus any electronics plugged into power outlets/USB ports), 50-60 Hz USB Output: DC 5V, 2.1A

Adjustable lighting

4x adjustable LED gimbal downlights with dimming: 5000K; CRI 90; 0-3,600 lm

Adjustable ventilation system

Ten airflow settings deliver powerful comfort in any environment

402 CFM (air turnover in as low as 0.5 min)

Privacy

Unique partial privacy wall design eliminates the fishbowl effect

Lock available as an add-on

Adjustable stool (Sold separately)

Dimensions: 13" W x 14" D

Adjustable height: 24" - 32" H

Capacity: 330 lb

Weight: 7.8 lb

Materials: Metal frame with black polyurethane leather upholstery



【 wellness 】



Double

\$10,895 | Available for: ✓ Purchase



*Privacy glass not included. Available as add-on.



Intentional upgrades and customizations to create a space specifically for care



Privacy Glass

Enhance your pod with back-painted tempered glass for full visual privacy.



Locks

So confidential conversations stay private.



Graphic Wraps

Showcase your space and partners.

Standard Finishes



Wood-Grain Finish

Light or dark available.



Desk

Laminated wood





Dimensions

Exterior: 7'4" W x 3'11" D x 7'6" H

Interior: 7'1" W x 3'8" D x 7'2" H

Door opening: 35"

Desk size: 74.75" W x 25" D

Capacity: 2-3 people

Weight: 710 lb

Spacious desk

Provides more room to spread out and collaborate

Power outlets

Two (2) power outlets, two (2) USB ports, and an access hole to run other cables such as ethernet

Carpeted floors

Comfortable, sound-absorbing carpet ideal for high-traffic areas made from 100% recycled plastic bottles

Sliding door

Reduces the footprint and maximizes usable space

Constructed from high-quality tempered safety glass and aluminum framing

Tackable panels

Sound-dampening design reduces echo and limits sound transfer in and out of the pod

Acoustic panels

Three walls are covered with large sound-absorbing acoustic panels made from post-consumer recycled glass bottles and covered with high-grade acoustic fabric

Skylight

Large acrylic pane skylight provides increased natural light while maintaining acoustic performance

Plug

14-foot power cord (left side) connects to any standard 120V outlet—no hardwiring required

Input

110 VAC, up to 3A (plus any electronics plugged into power outlets/USB ports), 50-60 Hz USB Output: DC 5V, 2.1A

Lighting

LED task lighting; 4000K; dimmable; 0-360 lm

Adjustable ventilation system

Ultra high-power ventilation with nine airflow settings to maintain a comfortable environment

Side-by-side 4.75" fans with manual dial controller

220 CFM, 6,700-hour rated lifespan

Air turnover in as little as 50 seconds

Privacy

Unique partial privacy wall design eliminates the fishbowl effect

Lock available as an add-on

Adjustable stool (Sold separately)

Dimensions: 13" W x 14" D

Adjustable height: 24" - 32" H

Capacity: 330 lb

Weight: 7.8 lb

Materials: Metal frame with black polyurethane leather upholstery



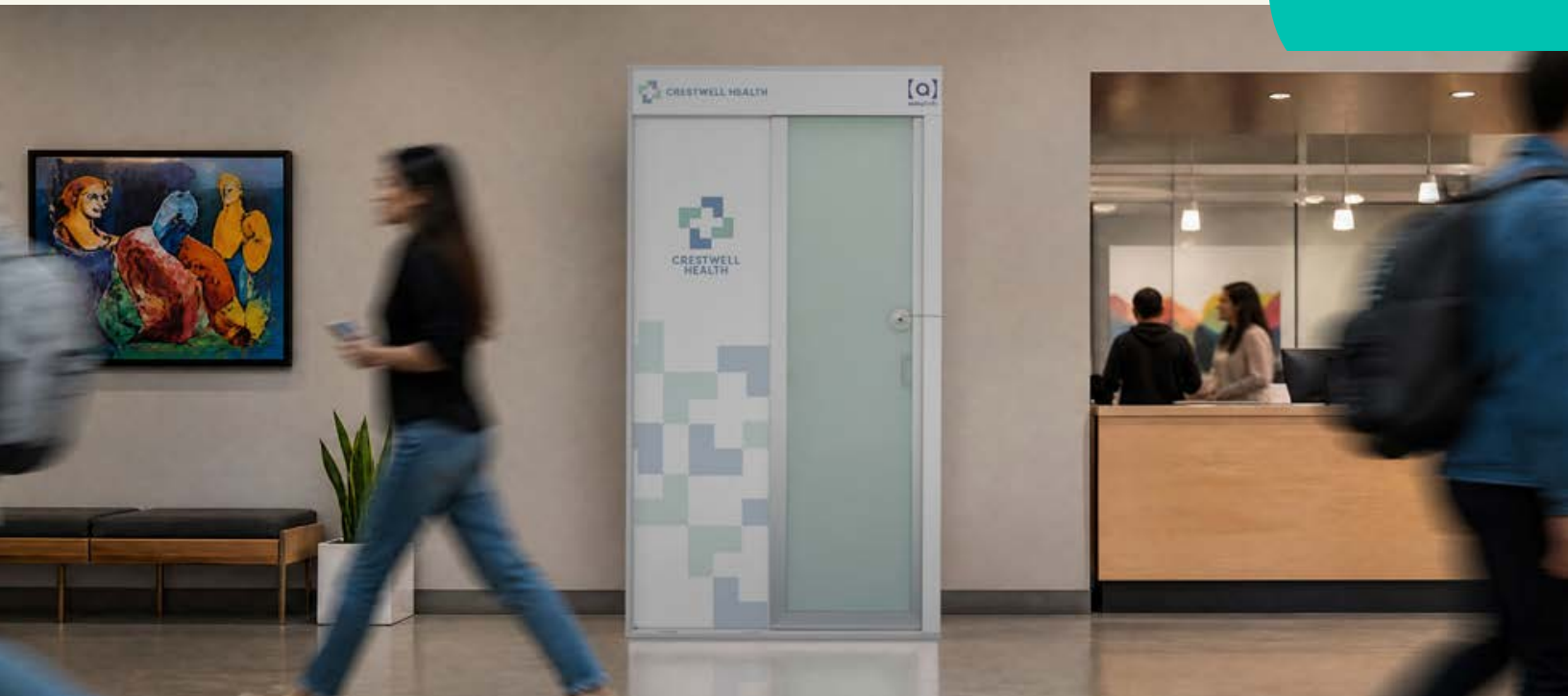
【 wellness 】

Slide

\$5,795 | Available for: ✓ Purchase



*Privacy glass not included. Available as add-on.



Intentional upgrades and customizations to create a space specifically for care:



Privacy Glass

Enhance your pod with back-painted tempered glass for full visual privacy.



Locks

So confidential conversations stay private.



Graphic Wraps

Showcase your space and partners.

Standard Finishes



Wood-Grain Finish

Light or Dark available.



Desk

Laminated wood





Dimensions

Exterior: 4' W x 3'7" D x 7'4" H
 Interior: 3'9" W x 3'3" D x 6'8" H
 Door opening: 18.5" W
 Desk size: 36" W x 16" D x 36" H
 Capacity: 1 person
 Weight: 550lb

Spacious desk

Ample space to work

Power outlets

Two (2) power outlets, two (2) USB ports, and an access hole to run other cables such as ethernet

Underdesk cabinet

Includes a shelf for storing office necessities, cleaning supplies, etc

Sliding door

Reduces the footprint and maximizes usable space

Constructed from high-quality tempered safety glass and aluminum framing

Tackable panels

Sound-dampening design reduces echo and limits sound transfer in and out of the pod

Acoustic panels

Two walls are covered with large sound-absorbing acoustic panels made from post-consumer recycled glass bottles and covered with high-grade acoustic fabric

Skylight

One large acrylic pane skylight provides increased natural light while maintaining acoustic performance

Plug

14-foot power cord (left side) connects to any standard 120V outlet—no hardwiring required

Input

110 VAC, up to 3 A (plus any electronics plugged into power outlets/USB ports), 50–60 Hz USB Output: DC 5 V, 2.1 A

Lighting

Dimmable, positionable LED gimbal lighting for precise illumination in any use case

16.4' LED lighting system; dimmable (0–5,740 lumens, 4000 K); indirect, soft-lit design

Adjustable ventilation system

High-power ventilation keeps the pod comfortable in any environment

UL-certified dual 4.75" fans with manual dial controller; airflow: 20–69 CFM per fan; noise: 16–38 dBA per fan

Privacy

Unique partial privacy wall design eliminates the fishbowl effect

Lock available as an add-on

Adjustable stool (Sold separately)

Dimensions: 13" W x 14" D

Adjustable height: 24" – 32" H

Capacity: 330 lb

Weight: 7.8 lb

Materials: Metal frame with black polyurethane leather upholstery





lactation

mamava®



【 lactation 】



Mamava XL

\$23,000 | Available for: ✓ Purchase





Customizations + Upgrades



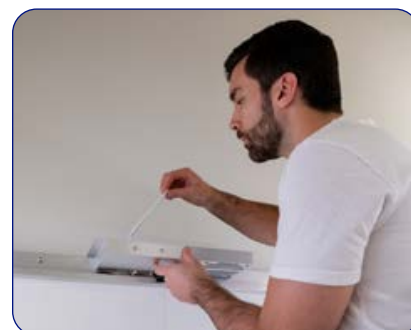
Graphics

Design a pod that reflects your brand or let our team bring your vision to life.



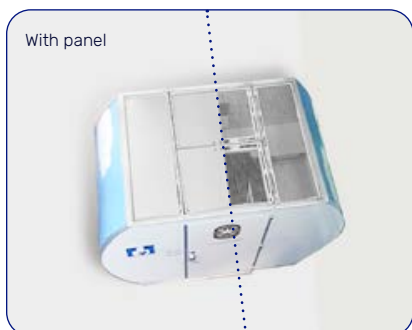
Medela Pump + Accessory Kits

A multi-user, hospital-grade Symphony PLUS® Breast Pump and optional kits.



Professional Installation

Our team of expert installers can take care of pod assembly for you.



Enhanced Privacy Panels

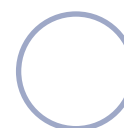
For pods placed in areas with visibility from above.



Seismic Bracketing Kit

Anchors the pod to the floor to meet building safety standards

Standard Finishes



Pod Body

White ACM + Sintra



Graphics

Dreamscape



Floor

Maple (vinyl)

Built-to-Order Graphics



Your Logo

(Optional)



Dreamscape



Your Color

Choose a solid color for the exterior side panel.



Welcome

Hello, You have every right to feed your baby how and where you choose. But if you need privacy for pumping or want to breastfeed in peace, come in. We've saved you a seat.



Symbol



Daisies



Parent



Baby



Wood

Custom Graphics + Design Services

Talk with Mamava Account Executive about how our designers can bring your vision to life.







Dimensions

Exterior: 9'3" W x 5'6" D x 7'7" H
(Includes pod and antenna height)

Interior: 50 sq ft; 8'9" W x 5' D x 6'8.5" H;
700 lb

35" door swing (recommend 60" clearance
in front of the door and 18" clearance on
the latch side)

Shipping crate: 7'10" W x 4'7" D x 5'11" H;
1,050 lb

Minimum 8'4" ceiling clearance
required for assembly

Exterior materials + features

Front and back wall panel made of
aluminum composite material (ACM) with
a foam core optimized to reduce material
consumption and waste

Curved side panels made of
scratch-resistant expanded polyvinyl
chloride sheet (EPVC)

Front and side direct-print graphics
(customization available)

Perforated aluminum roof panel with
aluminum composite material (ACM) frame

Interior materials + features

19.5" W x 29" D commercial-grade
laminated shelf with one (1) dual-receptacle
outlet with one (1) USB-A port and one (1)
USB-C port

30" W x 21" D commercial-grade laminated
shelf with one (1) dual-receptacle outlet
for compact fridge (20" W x 19" D x up
to 25" H) or storage

Built-in shatterproof mirror made of
reflective acrylic

41" W x 20" D contoured ergonomic seat
(with Matrex internal support system) made
of polyurethane fabric. 300 lb weight limit

Two (2) UL Listed ventilation fans provide
42dB of white noise and are capable of air
change rates of ≥ 35 ACH

Two (2) stainless steel coat hooks, each
holding up to 15 lb

Four (4) 3' occupancy-activated UL Listed
LED strip lights, two (2) activated by motion
sensor, two (2) controlled by switch

Anchoring lock for multi-user breast pump

Vinyl covered aluminum frame floor base
with ABS underlayment

Deadbolt lock with occupancy indicator

Electrical

UL Listed components

10' GFCI-protected power cord (exiting at
the bottom of the back right wall panel)
occupies one standard 20A 120V outlet

Requires a 20A circuit and draws
approximately 6.5A

Mobility

Four (4) retractable feet assist leveling the
pod up to 1"

Four (4) built-in caster wheels for relocation

Disassemble and store as needed

Testing + safety

ETL certified to UL STD 962 and CSA STD
C22.2#203

ASTM E-84 Flame Spread Rating is Class A
for all external materials (walls and ceiling)

Meets NFPA 13 Section 9.3.10 Standards

Shelf and seat base meet UL Greenguard
Gold rating

Floor meets GreenAir and FloorScore
formulation for low VOCs and FMVSS 302
for flammability

Chair fabric is free of PVCs and VOCs and
compliant with California Technical Bulletin
#117-2013 for flammability

Seismic bracketing kit available

Accessibility features compatible IAW 2010 ADA Standards:

Mirror placement meets 603.3

Clear turning space meets 304.3.1 (circular
space) and 304.3.2 (t-shaped space with
knee clearance in accordance with 306.3)

Clear floor and ground space meets 305
(parallel or straight approach)

Door clearance width meets 404.2.3

Door maneuvering clearance meets
404.2.4

Door threshold meets 404.2.5

Door hardware meets 404.2.7

Grab bar sized and spaced to meet 609.2.1

Pod is designed for the perception of both
audible and visible alarms to meet 215

Door closer arm meets 404.2.8 and
404.2.9, closing speed and opening force
respectively

Light switch meets 308.2.1.

California Building code compliance:

Door hardware meets CBC 11B-404.2.7

Access technology

Access with Mamava app, numeric keypad
on external lock, or key

Mamava's Smart Access technology for
easy wayfinding, autonomous access,
occupancy status, duration of use, and
vacancy alerts

ZTU (Zero Transmission Unit) available for
high security areas

【 lactation 】



Mamava Flex

\$15,500 | Available for: ✓ Purchase



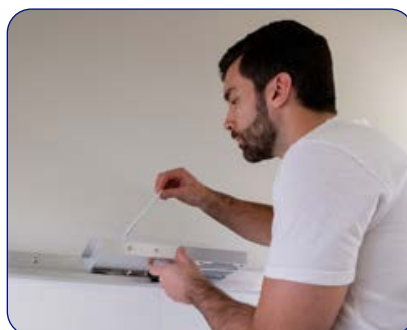


Customizations + Upgrades



Medela Pump + Accessory Kits

A multi-user, hospital-grade Symphony PLUS® Breast Pump and optional kits.



Professional Installation

Our team of expert installers can take care of pod assembly for you.



Seismic Bracketing Kit

Anchors the pod to the floor to meet building safety standards

Standard Finishes



Exterior

White Oak (vinyl)



Flooring

Vinyl Covering



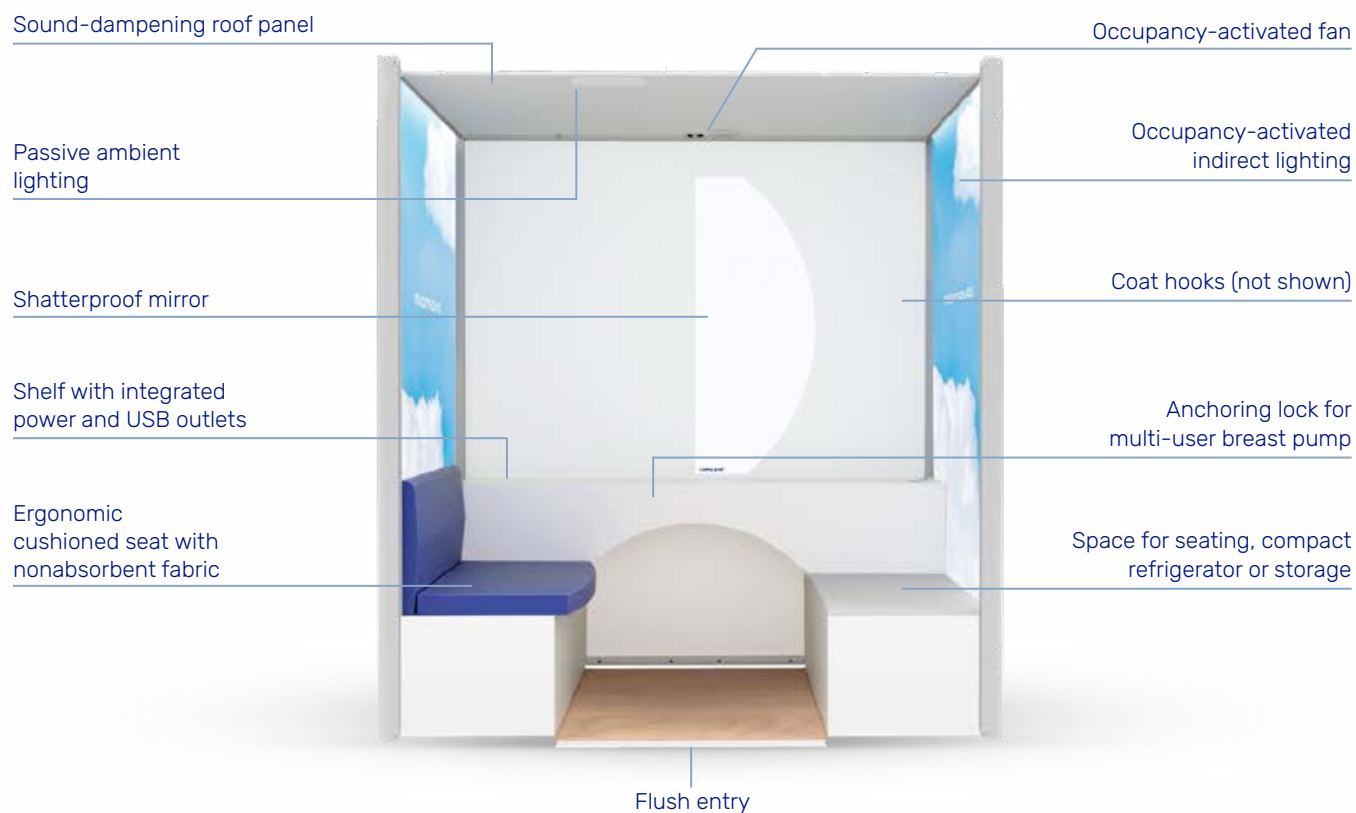
Nonabsorbent Seat

Polyurethane



Interior Graphics

Dreamscape





Dimensions

Exterior: 9'3" W x 5'6" D x 7'7" H
(Includes pod and antenna height)

Interior: 50 sq ft; 8'9" W x 5' D x 6'8.5" H;
700 lb

35" door swing (recommend 60" clearance
in front of the door and 18" clearance on
the latch side)

Shipping crate: 7'10" W x 4'7" D x 5'11" H;
1,050 lb

Minimum 8'4" ceiling clearance
required for assembly

Exterior materials + features

Front and back wall panel made of
aluminum composite material (ACM) with
a foam core optimized to reduce material
consumption and waste

Curved side panels made of
scratch-resistant expanded polyvinyl
chloride sheet (EPVC)

Front and side direct-print graphics
(customization available)

Perforated aluminum roof panel with
aluminum composite material (ACM) frame

Interior materials + features

19.5" W x 29" D commercial-grade
laminated shelf with one (1) dual-receptacle
outlet with one (1) USB-A port and one (1)
USB-C port

30" W x 21" D commercial-grade laminated
shelf with one (1) dual-receptacle outlet
for compact fridge (20" W x 19" D x up
to 25" H) or storage

Built-in shatterproof mirror made of
reflective acrylic

41" W x 20" D contoured ergonomic seat
(with Matrex internal support system) made
of polyurethane fabric. 300 lb weight limit

Two (2) UL Listed ventilation fans provide
42dB of white noise and are capable of air
change rates of ≥ 35 ACH

Two (2) stainless steel coat hooks, each
holding up to 15 lb

Four (4) 3' occupancy-activated UL Listed
LED strip lights, two (2) activated by motion
sensor, two (2) controlled by switch

Anchoring lock for multi-user breast pump

Vinyl covered aluminum frame floor base
with ABS underlayment

Deadbolt lock with occupancy indicator

Electrical

UL Listed components

10' GFCI-protected power cord (exiting at
the bottom of the back right wall panel)
occupies one standard 20A 120V outlet

Requires a 20A circuit and draws
approximately 6.5A

Mobility

Four (4) retractable feet assist leveling the
pod up to 1"

Four (4) built-in caster wheels for relocation

Disassemble and store as needed

Testing + safety

ETL certified to UL STD 962 and CSA STD
C22.2#203

ASTM E-84 Flame Spread Rating is Class A
for all external materials (walls and ceiling)

Meets NFPA 13 Section 9.3.10 Standards

Shelf and seat base meet UL Greenguard
Gold rating

Floor meets GreenAir and FloorScore
formulation for low VOCs and FMVSS 302
for flammability

Chair fabric is free of PVCs and VOCs and
compliant with California Technical Bulletin
#117-2013 for flammability

Seismic bracketing kit available

Accessibility features compatible IAW 2010 ADA Standards:

Mirror placement meets 603.3

Clear turning space meets 304.3.1 (circular
space) and 304.3.2 (t-shaped space with
knee clearance in accordance with 306.3)

Clear floor and ground space meets 305
(parallel or straight approach)

Door clearance width meets 404.2.3

Door maneuvering clearance meets
404.2.4

Door threshold meets 404.2.5

Door hardware meets 404.2.7

Grab bar sized and spaced to meet 609.2.1

Pod is designed for the perception of both
audible and visible alarms to meet 215

Door closer arm meets 404.2.8 and
404.2.9, closing speed and opening force
respectively

Light switch meets 308.2.1.

California Building code compliance:

Door hardware meets CBC 11B-404.2.7

Access technology

Access with Mamava app, numeric keypad
on external lock, or key

Mamava's Smart Access technology for
easy wayfinding, autonomous access,
occupancy status, duration of use, and
vacancy alerts

ZTU (Zero Transmission Unit) available for
high security areas

【 lactation 】



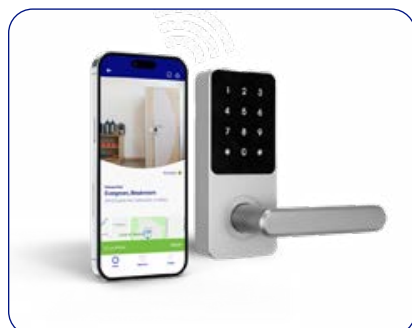
Mamava Solo

\$12,000 / \$9,600 (tech-free) | Available for: ✓ Purchase ✓ Rental





Customizations + Upgrades



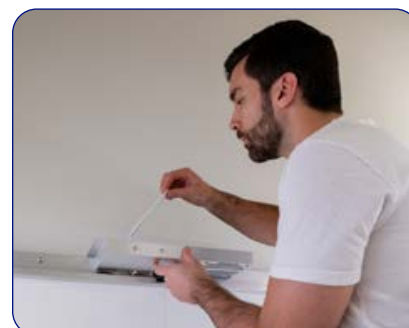
Smart Access

Streamline access for facilities and ensure easy wayfinding for parents. *Not available on tech-free model.*



Medela Pump + Accessory Kits

A multi-user, hospital-grade Symphony PLUS® Breast Pump and optional kits.



Professional Installation

Our team of expert installers can take care of pod assembly for you.

Standard Finishes



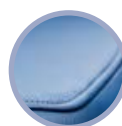
Exterior

White Oak (vinyl)



Flooring

Vinyl Covering



Nonabsorbent Seat

Polyurethane



Scratch-Resistant Shelf

Laminate

Sound-dampening roof panel

Passive ambient lighting

Occupancy-activated fan

Occupancy-activated indirect lighting

Shatterproof mirror

Deadbolt with
occupancy indicator

Caster wheels for easy relocation



Shelf with integrated
power and USB outlets

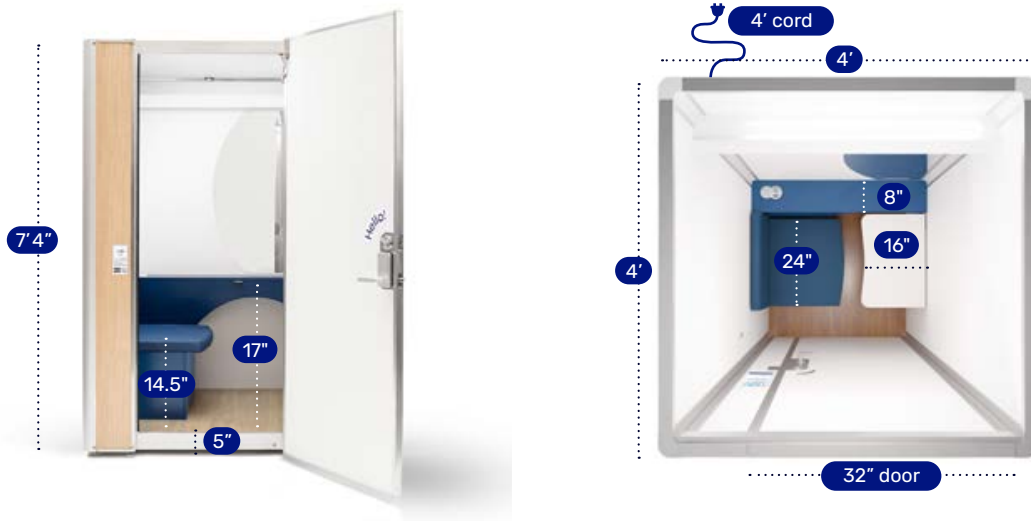
Ergonomic
cushioned seat with
nonabsorbent fabric

Coat hook

Solid walls for privacy

Fold-down
laptop desk





Dimensions

Exterior: 4' W x 4' D x 7'9" H (Includes pod and antenna height)

Interior: 16 sq ft; 43" W X 43" D X 80" H; 300 lb

4.8"-5.8" step-up threshold

32" door swing

Shipping crate: 7'10" W x 4'7" D x 2'7" H; 550 lb

Minimum 7'9" ceiling clearance required for assembly

Exterior materials + features

Rigid vinyl wall panels with expanded Polystyrene foam core

Standard direct-print white oak finish

32" right-hand door swing with adjustable self-closing spring hinges

Recycled plastic felt roof for acoustic sound dampening

Interior materials + features

43" W x 8" D commercial-grade laminate shelf with an integrated tamper-resistant outlet with one (1) USB-A port and one (1) USB-C port

24" W x 16" D fold-down laptop desk made from commercial-grade laminate with soft-close hinges

Built-in shatterproof mirror made of reflective acrylic

24" W x 20.5" D contoured ergonomic seat (with Matrex internal support system) made of nonabsorbent polyurethane fabric; 300 lb weight limit

UL Listed ventilation fan provides air exchange rates of 55 ACH and 42dB of white noise

Stainless steel coat hook holds up to 15 lb
Two (2) 3' occupancy-activated UL Listed LED strip lights

Low-VOC composite wood floor pan with vinyl covering

Deadbolt lock with exterior occupancy indicator

Passive ambient lighting

Electrical

UL Listed components

4' GFCI-protected power cord (exiting lower left back) occupies one standard 15A (or 20A) 120V outlet

Draws approximately 6.5A

Mobility

Four (4) adjustable leveling feet can raise the pod up to 1"

Four (4) built-in caster wheels allow for relocation

Disassemble and store as needed

Testing + safety

ETL certified to UL STD 962 and CSA STD C22.2#203:16

ASTM E-84 Flame Spread Rating is Class A for walls and Class B for recycled plastic felt roof

Interior and exterior walls, shelf, desk and seat base meet UL Greenguard Gold rating

Floor meets GreenAir formulation for low VOCs and FMVSS 302 for flammability

Chair fabric is PVC and VOC free

Compliant with California Technical Bulletin #117-2013 for flammability

Meets NFPA 13 Section 9.2.10 Standards

Accessibility features compatible IAW 2010 ADA Standards:

Door hardware meets 404.2.7

Mirror placement meets 603.3

Pod is designed for the perception of both audible and visible alarms to meet 215

Access technology

Access with Mamava app, numeric keypad on external lock, or key

Mamava's Smart Access technology for easy wayfinding, autonomous access, occupancy status, duration of use, and vacancy alerts

ZTU (Zero Transmission Unit) available for high security area

Solo (tech free)

Without Smart Access technology

Door handle without keypad (interior deadbolt only)

【 lactation 】



Mamava Slide

\$7,000 | Available for: ✓ Purchase ✓ Rental





Customizations + Upgrades



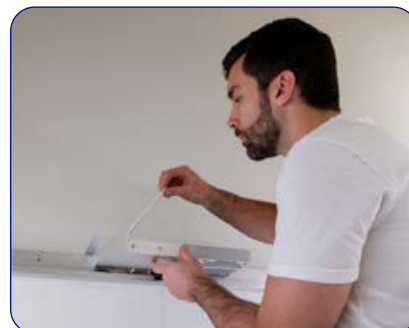
Adjustable Stool

Comfortable, height-adjustable seating with integrated footrest.



Medela Pump + Accessory Kits

A multi-user, hospital-grade Symphony PLUS® Breast Pump and optional kits.



Professional Installation

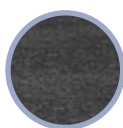
Our team of expert installers can take care of pod assembly for you.

Standard Finishes



Exterior

Wood-Grain Finish



Flooring

Carpet



Desk

Laminated Wood





Dimensions

Exterior: 4' W x 3'7" D x 7'4" H

Interior: 3'9" W x 3'3" D x 6'8" H ; 550 lb

Threshold: 1.9" - 2.4"

Door opening: 18.5" W

Shipping crate: 4'7" W x 7'10" D x 2'1" H;
867 lb

Minimum 8' ceiling clearance required
for assembly

Exterior materials + features

Laminated particleboard walls; available
in light or dark wood-grain finish

Fabric-covered walls with 2" rockwool
acoustic panels on two walls for sound
absorption

Laminated particleboard roof with acrylic
skylight

External lock system with key; restricts
access to authorized users (e.g., a parent
needing to pump)

Interior materials + features

436" W x 14" D laminated wood built-in
desk with integrated cabinet base for
storage

Two (2) power outlets, one (1) USB-A port,
and one (1) USB-C port

7" x 9" shatterproof acrylic, adhesive-
backed mirror

UL-certified side-by-side 4.75" fans with
manual dial controller; airflow: 20-69 CFM
per fan; noise: 16-38 dBA per fan

16.4' LED lighting system; dimmable
(0-5,740 lumens, 4000 K); indirect,
soft-lit design

Built-in frosted acrylic skylight

Laminated particleboard floor with
peel-and-stick 0.25" carpet (Natural Touch;
100% recycled PET fiber)

Lock

Electrical

14' power cord (exiting lower left wall panel)
occupies one standard 15A 110/120V outlet

Draws approximately 6.5A

Mobility

Nine (9) adjustable leveling glide feet

Able to move short distances on carpet
or solid surface floors

Disassemble and store as needed

Adjustable stool (Sold separately)

Dimensions: 13" W x 14" D

Adjustable height: 24" - 32" H

Capacity: 330 lb

Weight: 7.8 lb

Materials: Metal frame with black
polyurethane leather upholstery





Mamava Lactation Space Supplies

Integrate Mamava's Smart Technology

Mamava VaRoom® smart lock for lactation rooms

Pairs with the [Mamava app](#) to help facilities manage access and parents unlock lactation spaces.

Offer a Premium Amenity



Nessel Room Furnishings

Mamava offers furnishings that transform any room into a fully equipped, comfortable lactation space—making it easy for parents to pump and for organizations to comply with lactation laws.

Provide a Pop-Up Solution



Rent Mamava inflatable pods for conferences + events

Get information and book directly online at: mamava.com/rent-inflatable.



Medela Pump + Parent Kits

A multi-user, hospital-grade Symphony PLUS® Breast Pump and Symphony® Double Breast Pumping Kits. Symphony Pump Trolley available for XL pods and rooms with VaRoom® smart locks.

Mamava App + Smart Access Technology



mamava
Lactation Pod



Benefits for Pod Users

Wayfinding

Find pods and thousands of other lactation spaces.

Access

Open Mamava pods with the touch of a button. Like magic.

Occupancy

Check occupancy status and duration.

Vacancy Alerts

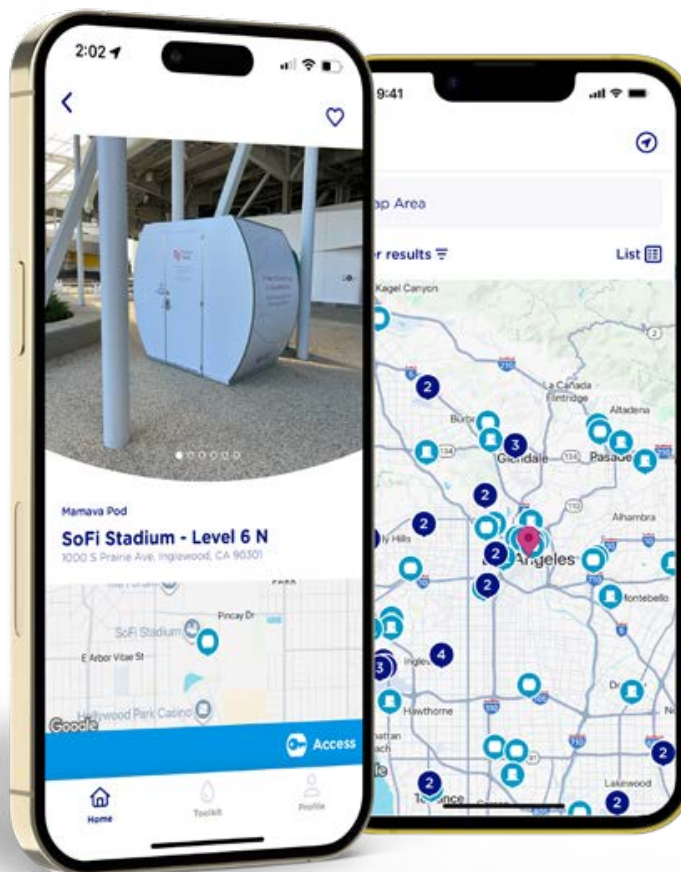
Receive alerts when pods are available.

Words of Support

Read encouraging notes from other breastfeeding parents.

Resources

Access virtual lactation consulting and helpful breastfeeding info.



Mamava VaRoom®



Includes

- ✓ App-enabled smart lock
- ✓ Deadbolt with vacancy indicator
- ✓ Physical keys + keypad codes
- ✓ USB micro cable
- ✓ Access signage (exterior + interior decals)
- ✓ Lock installation kit

Unlock frictionless lactation room management



Streamline operations with autonomous lactation room access.



Customize how your room is seen and discovered by Mamava app users.



Secure your lactation space from unintended users.



Minimize legal risk, attract and retain talent, improve guest experience.



Tap into the benefits of Mamava's national breastfeeding network.

Specs

Power: 4 × AA Batteries (Micro USB cable for backup power)
Battery life: 10,000 locking/unlocking events
App-enabled entry: Bluetooth connection
Keypad entry: Up to 8 custom codes
Physical keys: 2 lock keys, 1 deadbolt key
Material: Aluminum + zinc plating
Exterior dimensions: 6" H x 2-½" W x 1" D

Installation: 2 hours, installation available
Door + frame material: Wood or metal
Door thickness: 1 ¾" - 2 ½"
Backset: Adjustable, fits 2 ¾" or 2 ¾"
Door jam gap: Less than ¼"
Door lock type: Cylindrical (mortise not compatible)

Mamava Medela Bundles



Medela bundles for Mamava pods and lactation rooms provide equipment and supplies to make pumping at work as stress-free as possible.

Pump + Parent Kits

A Symphony PLUS® Breast Pump + Symphony® Double Breast Pumping Kits



Includes:

- (1) Symphony PLUS® Breast Pump*: Medela's best-in-class hospital-grade (multi-user) breast pump
- (6) Symphony® Double Breast Pumping Kits: Personal-use essentials for Symphony PLUS® Breast Pump (breast shields, bottles, membranes, valves + tubing)



Pump, Parent Kits + Essentials*

A Symphony PLUS® Breast Pump, Symphony® Double Breast Pumping Kits, + lactation supplies

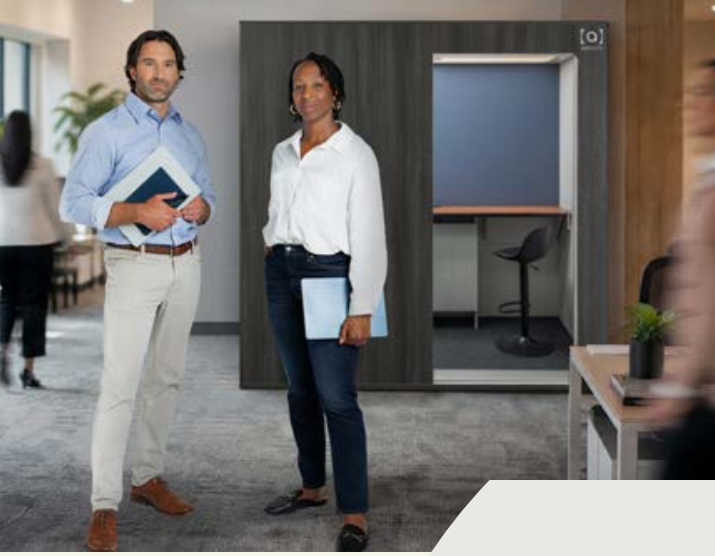
Includes:

- (1) Symphony PLUS® Breast Pump: Medela's best-in-class hospital-grade (multi-user) breast pump
- (6) Symphony® Double Breast Pumping Kits: Personal-use essentials for Symphony PLUS® Breast Pump (breast shields, bottles, membranes, valves + tubing)
- (12) Quick Clean™ Sanitizer Spray bottles: Sanitizes pump parts in as little as 60 seconds with no-wipe spray (eliminates 99.9% of germs)
- (180) Ultra Breathable Nursing Pads: Breathable nursing pads offer employees a discreet way to stay protected and confident
- (720) Easy Pour Breast Milk Storage Bags: A convenient, ready-to-use solution to store and transport breast milk



Symphony Pump Trolley

A stand to securely dock the Symphony PLUS Breast Pump. Available for XL pods + rooms equipped with a VaRoom® smart lock.



LEARN MORE

CONNECT WITH SALES

sales@avapods.com | **(802) 347-2111**

© 2026 Mamava, Inc. All rights reserved. AVA PODS™, AVA PODS MAKE SPACE FOR FOCUS™, AVA PODS FROM THE CREATORS OF MAMAVA™, and the associated logos are trademarks of Mamava, Inc. MAMAVA® and VAROOM® are registered trademarks of Mamava, Inc.

