

# lentala

empower everyday well-being



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## Lentala's design journey

Lentala is revolutionizing school furniture for ages 6 to 18 with its playful, multifunctional seating designs: Rom and Lupa. Rather than eliminating sitting altogether, these innovative seats promote active sitting, inviting students to explore a wider range of postures and natural movement throughout the day. Developed through a unique collaboration between designers and movement scientists from the University of Groningen and Vrije Universiteit Amsterdam, research has shown that Rom and Lupa encourage significantly more movement and variation than traditional chairs, helping to maintain focus and support learning performance.

By enabling students to intuitively shift between low-intensity movements, Lentala promotes healthier sitting habits that align with the body's natural ability to move freely and attentively.

## Design qualities

- Scientifically tested in schools.
- Gradual body movement
- Allows a wider range of sitting postures
- Mild body strengthening
- Improved focus and concentration
- Flexible joints
- Durable, one-piece design
- It is made from natural, renewable materials

## ROM active sitting stool

The ROM is a simple and playful seat that encourages users to find their own way of sitting. Thanks to its generous, surfboard-like seat surface, the stool can comfortably support a wide range of sitting positions, from the saddle position to sitting cross-legged.

Each posture change activates different muscle groups, helping to support the user's physical health.

**taylor-hook sit**  
creative  
dynamic



**saddle sit**  
simple  
balancing

**seiza sit**  
focussed  
flexible

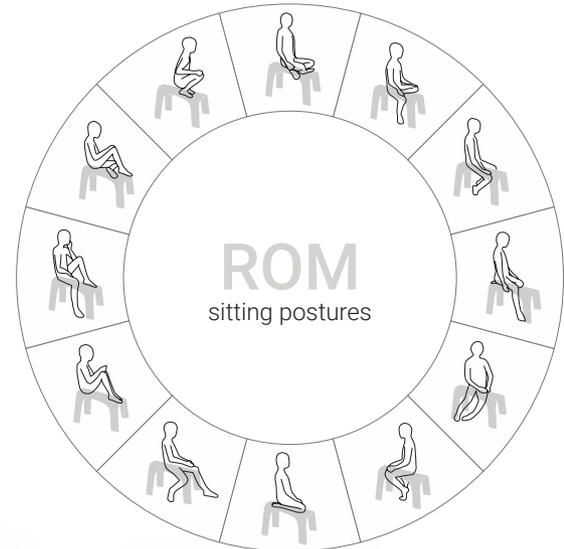


**half-tailor**  
playfully  
accessible

**taylor sit**  
clear  
grounded



**hook sit**  
steady  
motivating



### sizes & colours

**S**



6 to 10

**M**



9 to 16+

Age group

**L**



16+

117 to 142 cm

133 to 176 cm

159 to 207 cm

Body height

53 to 62 cm

63 to 76 cm

73 to 82 cm

Desk range



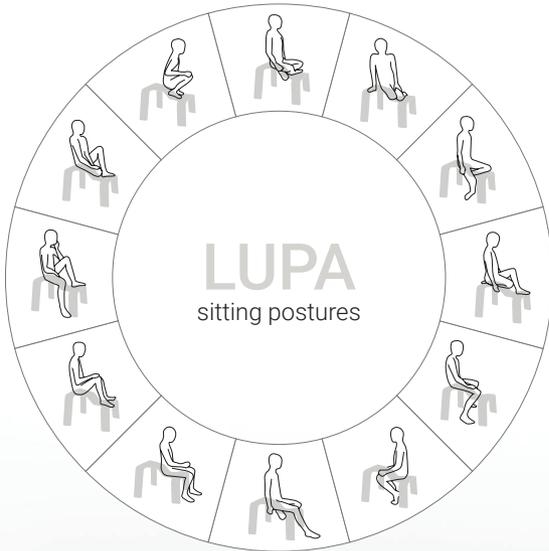
Stone Grey



Canyon Green

Other colours  
on request





## LUPA active sitting stool

The ramp-shaped LUPA allows users to adopt at least eight different sitting positions, ranging from squatting to hook-sitting. Users can freely adjust their position while concentrating on a task. Each change in posture stimulates blood flow and muscle flexibility. Consequently, LUPA promotes concentration, endurance and playfulness.

**long sit**  
easy  
stretching



**sideway sit**  
torsion  
balancing



**half-hook sit**  
active  
focussed



**hook sit**  
steady  
motivating



**tailor sit**  
clear  
grounded



**tailor-hook sit**  
creative  
dynamic



### sizes & colours

**XS**



3 to 6

**S**



6 to 10

Age group

**M**



9 to 16+

93 to 116 cm

117 to 142 cm

Body height

133 to 176 cm

45 to 54 cm

53 to 62 cm

Desk range

63 to 76 cm



Stone Grey



Canyon Green

Other colours  
on request

ROM



LUPA



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Reach out to us!

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