

VOYANT

THE ART & GRAVITY of PRESENCE™

WHITE PAPER | FOR THE WORKPLACE

A Moment to Pause

A place in the building to stop, look and carry on. What to say to the owner, to facilities and people teams, and to the employee who walks up to the work.

Let us provide the gravity. You provide the space.

You decide what goes on the wall, and you are usually the one who has to explain why. This paper is for that conversation: with a property owner, a facilities or workplace lead, a people team or tenant, and finally with the employee standing in front of the work.

Voyant is one large landscape photograph, made to order, and a three-minute composed session written for that exact image. An employee scans a code beside the work, puts on headphones, and takes a few minutes with nothing asked of them but attention. Then they return to what they were doing. That is the whole offer: a moment of pause and reflection, built into the building.

It is not a medical device, a clinical programme, a productivity tool or a promise of results. This paper separates what research shows from what it does not, labels every source by type, and says where we have not checked something. Source tags: **[A]** peer-reviewed research, **[B]** survey or official publication, **[C]** practitioner guidance, **[D]** Voyant's own materials. Full list at the end.

Why the pause matters

Context first, because it is what an owner or people team will already have in mind. Gallup's 2026 global survey found that in 2025, 40% of employees worldwide had experienced stress "a lot of the previous day", and 34% were classed as thriving; for the United States and Canada combined the figures were 50% and 51% [B1]. Among remote-capable US employees, Gallup reports 52% hybrid, and hybrid workers spending 46% of the week on-site, about 2.3 days [B2]. The World Health Organization notes that poor working environments pose a risk to mental health [B3], and the US Surgeon General's 2022 framework lists "enable adequate rest" among its components [B4]. Our reading, not theirs: when people are in the building fewer days, what the building offers them in those days matters more. None of these sources says a wall work changes any of these numbers, and we do not say so either.

Then the research on short breaks and nature at work. The honest summary: breaks help how people feel, with small effects; contact with nature at work tends to go with lower stress, with a mixed and mostly short-term record; and nothing yet tests a printed landscape with a composed session.

What this adds up to. A short pause is a reasonable thing to offer, and the best-supported effects are on how fresh or tired people feel, and they are small. Nature in the workplace, real or simulated, tends to go with better recovery, with real beating virtual. **No study tests a printed landscape with a composed three-minute session, and to our knowledge Voyant has no outcome data of its own yet.** The proposal is a considered design bet, consistent with this evidence, not a result.

SOURCE	WHAT WAS FOUND	READ IT CAREFULLY
Micro-breaks meta-analysis, 22 samples, N = 2,335 (Albulescu 2022) [A1]	Small but significant gains in vigor (d = 0.36) and reductions in fatigue (d = 0.35). Performance gain not significant (d = 0.16). Longer breaks gave a bigger boost to performance.	Breaks of many kinds; not nature, not three minutes specifically.
Lunchtime recovery, 10 working days (Sianoja 2018) [A2]	15-minute relaxation exercises (n = 46) were linked to better afternoon concentration and lower strain and fatigue. Park walks (n = 51) to better concentration and less fatigue.	Fifteen minutes, about 50 people per group, not an image.
Recovery research review (Sonnentag 2017) [A3]	Recovery processes look similar across work breaks, evenings and holidays, and seem enhanced in natural environments.	A review; it does not size the effect of a short break.
Plants in offices, three field experiments (Nieuwenhuis 2014) [A4]	Offices enriched with plants showed better perceived air quality, concentration, satisfaction and measured productivity than lean offices.	Living plants, not pictures. The abstract gives no effect sizes and we have not read the full text.
Indoor nature contact, 565 Norwegian office employees (Bjørnstad 2015) [A5]	More indoor nature contact at work went with less job stress, fewer health complaints and less sickness absence.	Cross-sectional: an association, with a 40% response rate. Outdoor contact showed no reliable association.
Biophilic virtual offices, VR experiments, n = 30 and n = 100 (Yin 2019, 2020) [A6]	After a stressor, people in biophilic virtual offices showed lower physiological stress indicators and better recovery; effects appeared quickly, largest in the first four minutes of a six-minute recovery.	Simulated offices in a lab. Not an installed work, not a real workday.
Nature pictures and attention (Berman 2008; reviews Ohly 2016, Stevenson 2018) [A7]	Walking in nature or viewing nature pictures improved attention-task scores in two experiments. Later reviews are mixed: 3 of 13 pooled measures significant across 31 studies; low to moderate effects on working memory and flexibility, stronger for real than virtual exposure.	Strongest for real settings. The record under rigorous review is modest.
Nature art in emergency waiting rooms (Nanda 2012) [A8]	After still and video nature art was installed, observers recorded less restlessness and noise, at two hospitals over 30 hours.	Behaviour observed, feelings not measured. Not an office.

The employee's three minutes

Illustrative, not a customer story. It is mid-afternoon; an employee has come out of a long meeting and walks to the quiet room. On the wall is one large landscape, with a small plaque and a code beside it. They sit, scan the code with the phone they already have, and put on headphones. No account, no kit and no one to ask: a venue session opens without creating an account, and without a watch [D3]. The default session is three minutes. The arc below is how voyantpresence.com describes it [D1].

What the employee is not asked to do: sign in, set a goal, breathe to a count, share a result or tell anyone they were there. What happens next is theirs. If they use the app on their own phone with a wearable, they can see a personal reflection of their own session; that is for them, not for the employer (see privacy, below). Headphones are recommended rather than required [D3]. Five- and ten-minute sessions also exist in the app [D3].

0:00

3:00

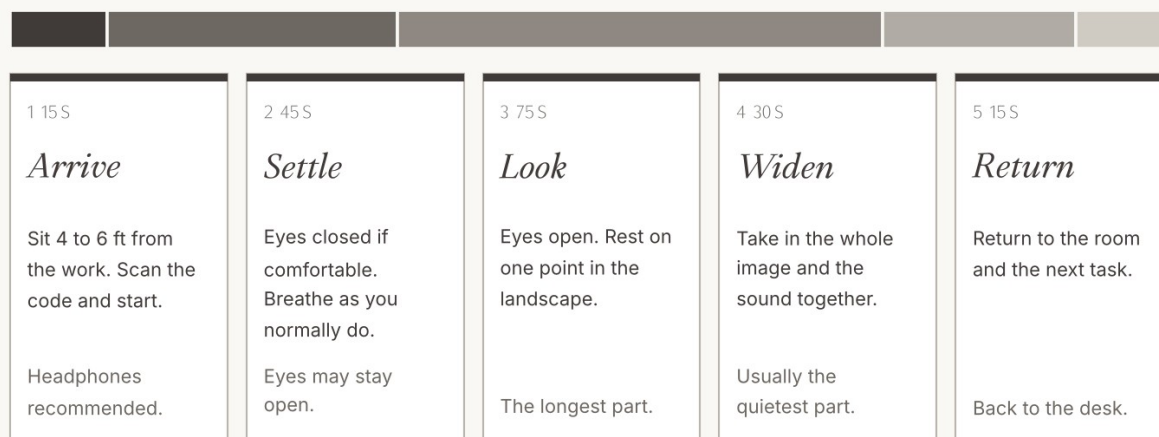


Figure 1. The three-minute pause. Phase lengths are from the site's process page; the site describes the same arc for every work. The audio's exact timing has not been checked against this arc (open item).

What the owner, facilities and people teams care about

THEY ASK	THE ANSWER TODAY	SOURCE AND STATUS
What does it cost, and is there ongoing work?	A one-time art purchase. Retail list: Open \$1,450, Collector \$2,250, Signature \$4,500; trade terms by request. No kit to issue, charge or reset. The app is free for people at a partner venue, via the code beside the work. Any recurring or enterprise fee is not stated; get it in writing.	[D1] [D2]; list prices read from the Shopify store 21 Oct 2026
Is it safe along a circulation path?	Objects on walls along a circulation path must limit how far they project; the US Access Board guide cites 4 inches (ADA §307.2), and does not limit leading edges below 27 or above 80 inches. Voyant's published materials do not state the work's depth, so confirm it with your code consultant before placing in a corridor or elevator bank. Heavy work: 40 to 50+ lb, French cleat into studs or blocking.	[B5] [D2]; depth: not stated, open item
What do employees' phones and our IT see?	Nothing is installed on company devices or networks; employees use their own phone. The app source shows no advertising or analytics SDK (crash reporting only). No third-party security certification is stated in our materials; if IT requires one, say so at the start.	[D3], app source read 21 Oct 2026
Does it track people?	No. The camera faces outward and is used only if someone photographs a view; the code finds no face detection or facial measurement. The venue code-scan record has a random key, a location code and a platform, and no IP address, device or user identifier. The only venue-level signal found in the code is that count. Health data is read only if the person grants access on their own iPhone; it is never sold or used for advertising. Our proposed pilot term: employers receive aggregates by location, never individual sessions. Terms and privacy text contain no employer-specific language yet.	[D3]; proposed term to be confirmed in writing
Can HR stand behind it?	Say what it is: an optional pause. It is not a medical device, makes no clinical claims, and should not be linked to performance review or required. A room does not replace workload, schedule and manager practice, which is what the Surgeon General framework is about. If a programme later collects health or survey data, take advice from employment counsel.	[B4] [D1]

THEY ASK	THE ANSWER TODAY	SOURCE AND STATUS
Does it help our WELL or ESG story?	WELL v2's Mind concept includes features titled Nature and Place (M02), Restorative Opportunities (M06) and Restorative Spaces (M07). Whether a given work or room counts is for the project's WELL assessor. We make no certification claim.	[B6]; requirements not read
What does procurement need?	Made to order in Camas, Washington; current lead time four to six weeks. Crated, insured, specialist courier to the point of installation. All sales final once production begins; defects repaired or replaced; damage reported within 48 hours. Certificate of authenticity on Signature and Collector. Ask for the written warranty. Voyant is a small, founder-led company: ask about continuity.	[D1] [D2]

WHO HAS TO SAY YES, AND WHAT EACH ONE ASKS

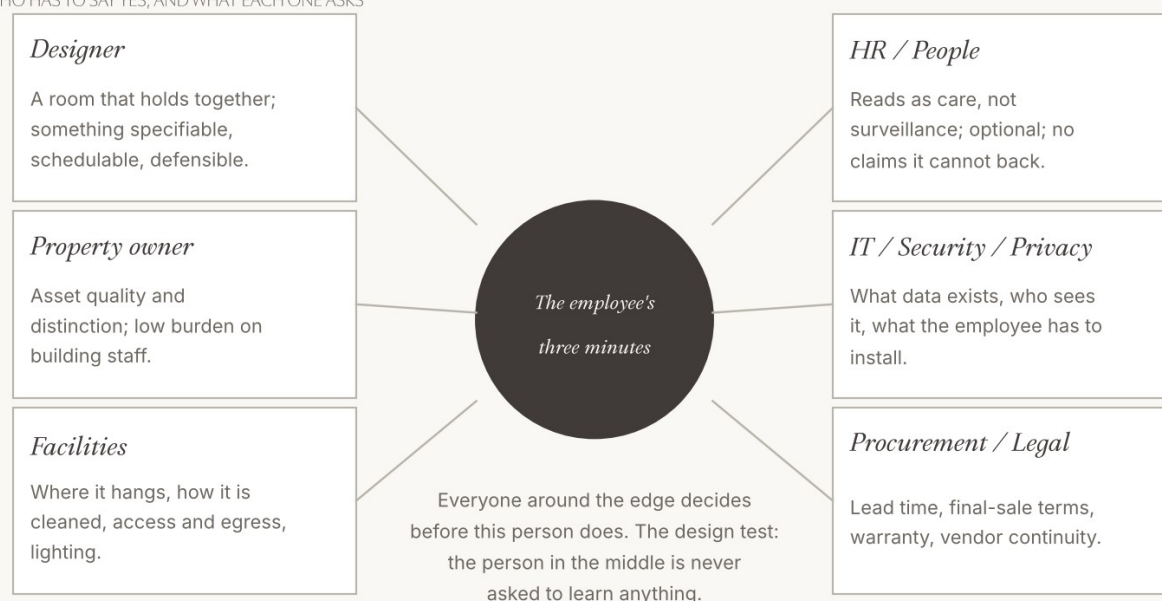


Figure 2. Stakeholder map. Each has a different first question; the work has to answer all of them without asking the employee to do anything.

The designer's role and the specification

You choose where the pause goes, which work, at what size, and the seat that makes it a place rather than a picture. Only the quiet room is a destination; the others are on routes people already take. Figure 3 sketches one floor.

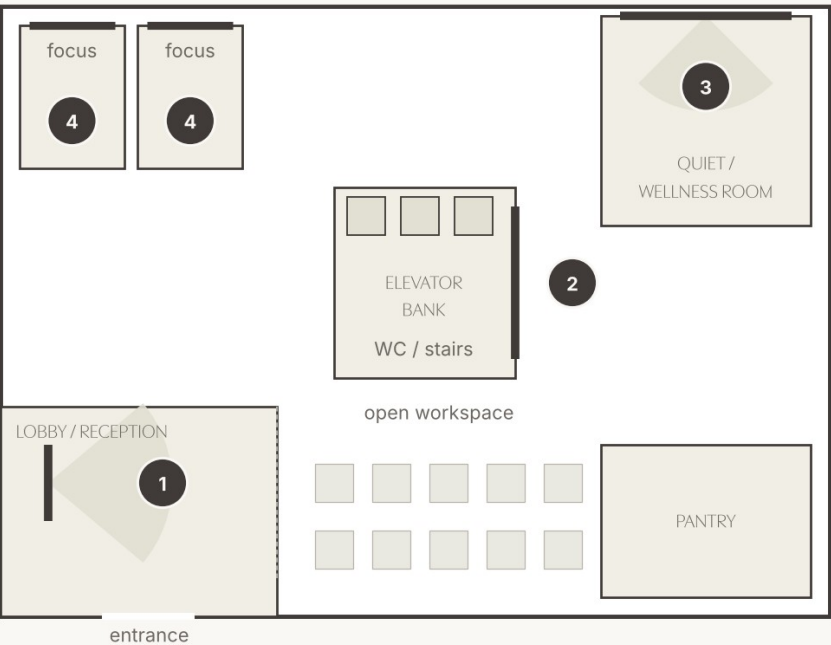
Mood and image. The site names four destinations, Awaken, Clear, Soothe and Rest, and says to place each work where its mood belongs [D1]. Our suggestion, a designer's judgement rather than a finding: Awaken for arrival, Clear for focus rooms, Soothe or Rest for the quiet room.

Lighting and glare. High-CRI LED at 3000 to 3500K, directed from the ceiling at 30 to 45 degrees; avoid placing a work opposite a large uncovered window; leave 12 to 18 inches of clear wall and keep away from thermostats and switches [D2]. The antiglare finish keeps reflections low; it does not remove them.

Durability and care. Optically laminated antiglare acrylic over the print, rigid backer, frameless with a shadow gap. Clean with a high-density microfiber cloth and distilled water or an anti-static cleaner; no chemicals; low maintenance, not none [D2]. Scratch and high-traffic guidance is not stated; ask before

specifying a public corridor. Build details for Collector and Open are confirmed at specification.
Installation: no service is listed, so plan for your own art handler.

ILLUSTRATIVE FLOOR SKETCH | NOT A REAL PROJECT | NOT TO SCALE



WHERE THE PAUSE GOES

- 1 Lobby / reception**
Arrival. One work on a long wall, seats facing it, clear of the door swing.
- 2 Elevator bank**
Only where there is a seat out of the traffic. Not a standing moment.
- 3 Quiet or wellness room**
The anchor. Headphones, a seat at viewing distance, a door that closes.
- 4 Focus rooms**
Small rooms, smaller work (Open or Collector size).

Figure 3. Placement on an illustrative floor. Not a real project and not to scale. Thick bar: the wall the work hangs on; shaded fan: viewing area in front of it.

EDITION LADDER | WORKS DRAWN TO SCALE AGAINST EACH OTHER

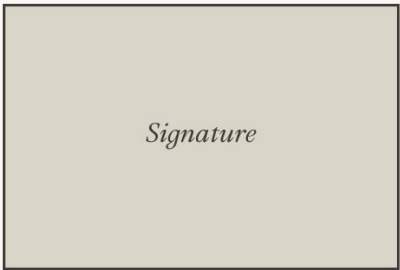
		
<i>Open</i>	<i>Collector</i>	<i>Signature</i>
24 × 36 in list \$1,450	30 × 45 in list \$2,250	40 × 60 in list \$4,500
Unsigned, unnumbered, unlimited	Numbered, 50 per image	Hand-signed, 10 per image, then retired
Open: minimum wall not stated	Min wall 6 ft W x 5 ft H; about 4 ft viewing	Min wall 7 ft W x 6 ft H; 4 to 6 ft viewing
Suits: Focus rooms, small meeting rooms, corridors	Suits: Quiet room, elevator-bank seating area	Suits: Lobby, the main quiet room, a flagship wall

Figure 4. Edition ladder. Frames are drawn to scale against each other. List prices as read 21 Oct 2026; trade terms by request.

PLACE	WHY THERE	WATCH FOR
Lobby, reception	First impression for visitors and staff; the Signature statement wall.	Glare from entrance glazing; door swing; protrusion rules on the route.

PLACE	WHY THERE	WATCH FOR
Quiet or wellness room	The anchor. Close the door, sit at 4 to 6 ft, put on headphones.	Seat is part of the spec. Practitioner guidance asks for rooms clear of storage and set apart from work areas [C1].
Elevator bank, waiting area	Reaches people already stopped.	Only with a seat out of traffic. Standing in a corridor is not a three-minute moment; protrusion limit applies.
Focus rooms	A small work (Open or Collector) gives a reset without leaving the floor.	Viewing distance for the size; the work should not face a window.

Library or bespoke for your workplace

Most of the work is chosen from the Voyant library: 74 landscapes in six series. Voyant can also make art to order. The offer is on-site photography, built to the client's need and location, and to attributes that help the property owner or manager, from requirements you gather. The designer can take part in the shoot. Terms for bespoke work are not set; see the list of what to ask us.

Ideas to put to a client (illustrations, not commitments): imagery of the company's own region or campus, so the pause is somewhere people recognise; a palette that sits with the brand and the room; a per-floor or per-room series, so the quiet room, the lobby and the focus rooms each have their own work; all tied to one theme, the employee's pause. **Requirements to gather:** the site and its light, the regional or brand story, the rooms and walls, how people move through the floor, what the owner or manager needs the work to do, and any places or subjects that are off limits.

LIBRARY OR BESPOKE | ONE ROUTE, TWO STARTING POINTS



Step 3 exists only on the bespoke route.

Figure 5. Library or bespoke. Both routes end in the same specification, pilot and measurement.

How to pilot, and measure honestly

Propose a small pilot, not a rollout: one to three locations, one work each, with the client agreeing before it starts what would count as a reason to continue. Eight weeks is a suggestion to be agreed, not a requirement. Use the Open or Collector edition first if the owner wants to limit commitment; the code, the session and the wall rules are the same.

What a small pilot can and cannot tell you. It can show whether people try it, return, and what they say. It cannot prove an effect on wellbeing: self-reports are affected by novelty and by who chooses to answer, and the research above suggests effects of this kind, if present, are small. If a comparison floor

without the pause is available, use it. If HR wants a validated instrument, the WHO-5 wellbeing index is widely used, with a systematic review of 213 articles [A9]; report it for groups only and never screen individuals. Today, venue-level reporting in the app is an anonymous count of code scans; the weekly pilot report described on the site is an arrangement, and no operator dashboard exists in the app [D1] [D3].

A PILOT MEASURED HONESTLY | SUGGESTED SHAPE, TO BE AGREED WITH THE CLIENT

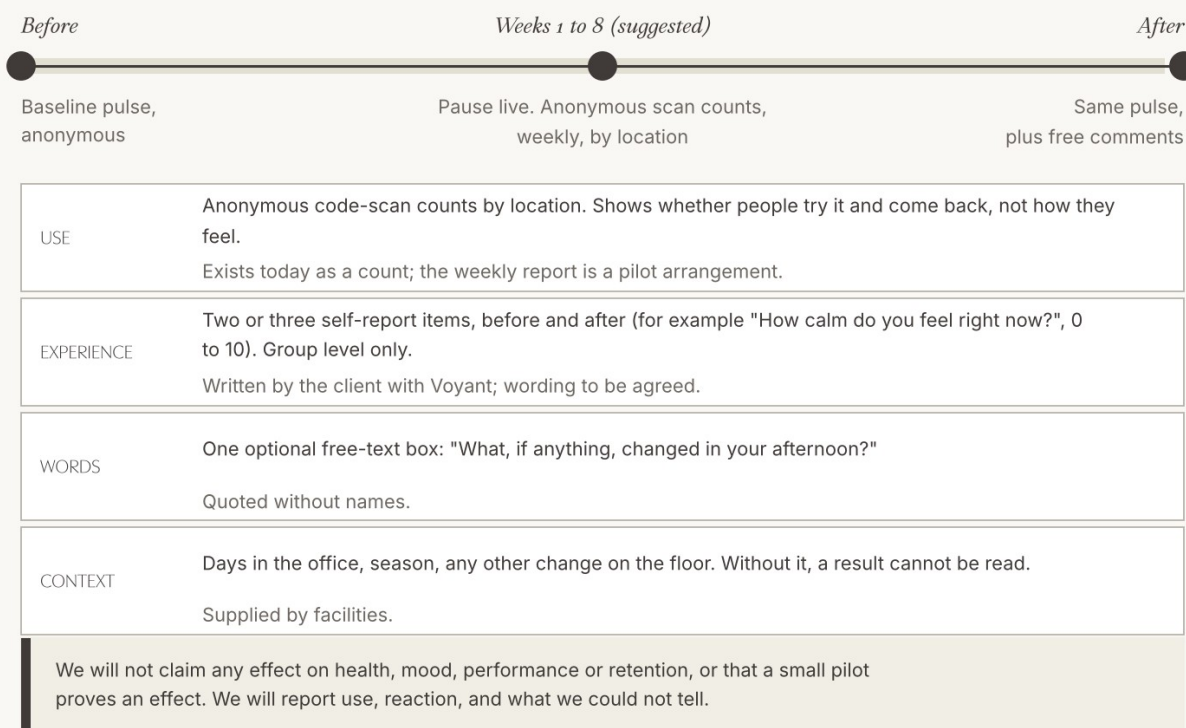


Figure 6. Measurement plan. Survey items are to be written with the client; nothing here is a validated outcome measure unless the client chooses one.

Risks, stated plainly

RISK	WHAT TO DO
Low use, or novelty that fades.	Place on routes people already take, introduce it once in the way the client speaks to staff, and read the scan counts weekly. Treat a low result as information.
It is read as surveillance.	Say what exists and what does not (above). Put one plain sentence on the plaque. Keep it optional. Write the aggregate-only term into the pilot agreement.
Claims creep in the client's own communications.	Agree the words at the start: pause, reflect, calm, continue. Not treat, reduce, boost, fix. The paper's "not" list applies to the client's announcement too.
Sound, shared space, no headphones.	Headphones are recommended, not required. Without them audio plays from the phone, which is our inference and not tested; set a headphone expectation in the room.
Accessibility.	Whether the session has captions or a transcript, and how it works with VoiceOver, has not been confirmed. The eyes-closed step is optional. Provide an alternative for anyone who cannot use audio or a phone.

RISK	WHAT TO DO
Phones and platforms.	The app records scans from web, iOS and Android. We have not confirmed the Android listening experience; check before specifying for a mixed-device workforce. Minimum age 13 under the app's terms.
Vendor and evidence limits.	Voyant is small and founder-led; works are made to order and final once production begins. Start with one work. We have no outcome data of our own and say so.

The questions you will be asked

Is this a medical device, or a treatment? No. Voyant is a wellness and self-reflection app and a work of art. It does not diagnose, treat or prevent anything and makes no clinical claims.

Will it make people more productive? We do not say so. In the best meta-analysis we found, short breaks improved vigor and fatigue modestly, and the performance effect was not significant [A1].

Why not just a plant, or a nice print? A plant or a print may do some of the same work; plants in offices have field evidence [A4]. What Voyant adds is a session composed for the exact image. We have no study showing that addition helps.

Is three minutes too short? The meta-analysis found longer breaks gave larger performance gains [A1], and the VR work found effects within minutes [A6]. Three minutes is a default; five and ten exist. We do not claim an effect from three.

Do employees have to install or create anything? They need their phone and, ideally, headphones. A venue session opens without an account [D3].

Trade terms

	SIGNATURE	COLLECTOR	OPEN
Size	40 × 60 in	30 × 45 in	24 × 36 in
Edition	10 per image, hand-signed, numbered, then retired	50 per image, numbered	Unsigned, unnumbered, unlimited
Retail list	\$4,500, sold by inquiry	\$2,250	\$1,450
Mounting	Heavy-duty French cleat into studs or blocking	Z-bar or security mount	Confirm at specification
Minimum wall	7 ft W × 6 ft H	6 ft W × 5 ft H	Not stated
Viewing distance	4 to 6 ft	About 4 ft	Not stated
Provenance	Certificate of authenticity	Certificate of authenticity	Not stated

Lead time: current four to six weeks, made to order in Camas, Washington. **Delivery:** specialist fine-art courier, crated, insured, to the point of installation. **Damage:** inspect on delivery and report within 48 hours; priority restoration or replacement. **Returns:** all sales final and no cancellation once production begins; defects repaired or replaced. **Care:** microfiber and distilled water; kit with every Signature. **Trade pricing:** none stated; request trade terms through voyantpresence.com [D1] [D2]. **Ask us for in writing:** warranty term, fire and flame-spread rating, the work's depth, scratch guidance for public areas, enterprise terms, and for bespoke work its price, lead time, rights and edition terms.

To begin: choose the wall, the seat and one work, and ask for trade terms. Start with one.

Let us provide the gravity. You provide the space.

Sources

Evidence was read at abstract level (PubMed) unless stated; effect sizes are quoted from abstracts. Web pages and the app source were read on 21 October 2026.

[A] Peer-reviewed. 1 Albulescu P et al. "Give me a break!" A systematic review and meta-analysis on the efficacy of micro-breaks. PLoS One 2022, PMID 36044424. 2 Sianoja M et al. Enhancing daily well-being at work through lunchtime park walks and relaxation exercises. J Occup Health Psychol 2018, PMID 28358570. 3 Sonnentag S et al. Advances in recovery research. J Occup Health Psychol 2017, PMID 28358572. 4 Nieuwenhuis M et al. The relative benefits of green versus lean office space. J Exp Psychol Appl 2014, PMID 25068481. 5 Bjørnstad S et al. Nature contact and organizational support during office working hours. Work 2015, PMID 26684700. 6 Yin J et al. Indoor Air 2019, PMID 31418925; Environ Int 2020, PMID 31881421. 7 Berman MG et al. Psychol Sci 2008, PMID 19121124; Ohly H et al. J Toxicol Environ Health B 2016, PMID 27668460; Stevenson MP et al. 2018, PMID 30130463. 8 Nanda U et al. Impact of visual art on patient behavior in the emergency department waiting room. J Emerg Med 2012, PMID 22325555. 9 Topp CW et al. The WHO-5 Well-Being Index: a systematic review. Psychother Psychosom 2015, PMID 25831962.

[B] Survey or official. 1 Gallup. State of the Global Workplace 2026, Global Data Summary (data collected 2025). 2 Gallup. Hybrid Work and Productivity: What the Data Show, published 27 Jul 2026, updated 28 Sep 2026; sample sizes for the headline figures not stated. 3 World Health Organization. Mental health at work, fact sheet, 15 Sep 2026. 4 US Surgeon General. Framework for Workplace Mental Health and Well-Being, 2022. 5 US Access Board. Guide to the ADA Standards, Chapter 3: Protruding Objects (§307). 6 International WELL Building Institute, WELL v2 feature list, via wellcertified.com/sdgs/v2; requirements not read.

[C] Practitioner guidance (not research). 1 Community Partners. Workplace Wellness Space Resource Sheet (school-staff context; publisher not named on the sheet).

[D] Voyant. 1 voyantpresence.com: Presence Sanctuaries, Voyant Process, FAQ (pages as captured 21 Oct 2026). 2 voyantpresence.com: Signature Editions, Fine Art Care, Shipping and Returns; Shopify store list prices (21 Oct 2026). 3 Voyant app privacy policy and terms, and a read-only review of the app's code on 21 Oct 2026 (venue-scan code, permissions, dependencies). Voyant is a product of Nine-Eleven-Nine LLC.