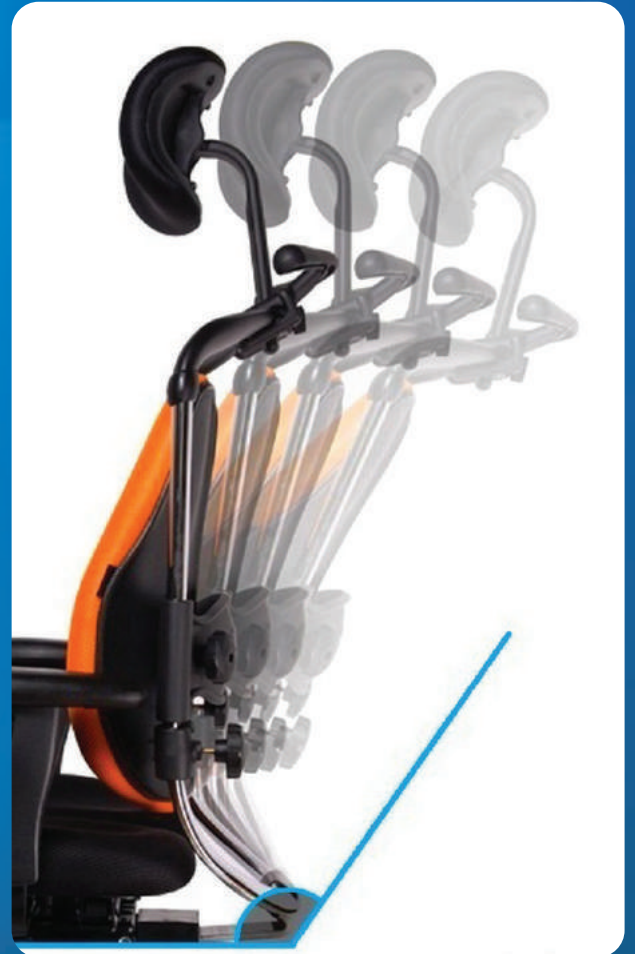


Healthy & Relax   
**HARA CHAIR®**

HaraTech offers the latest  
chair technology worldwide

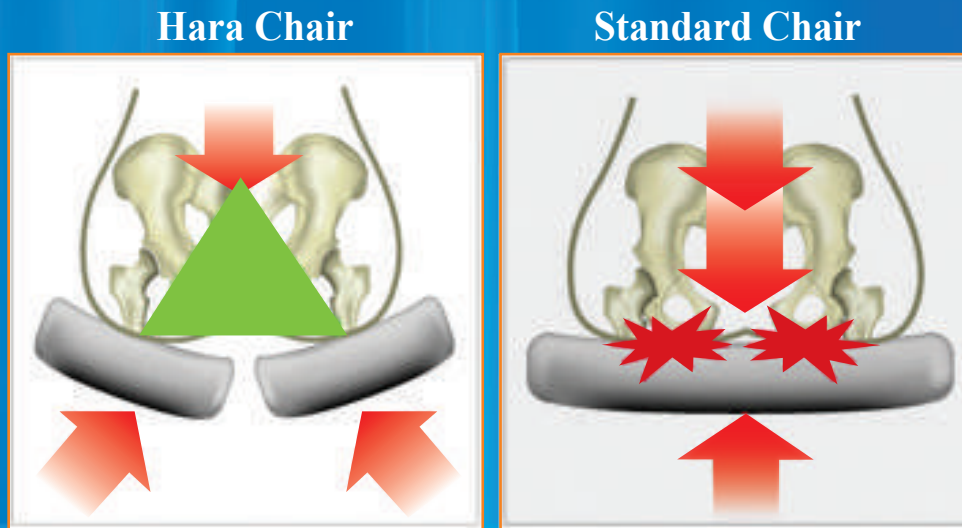
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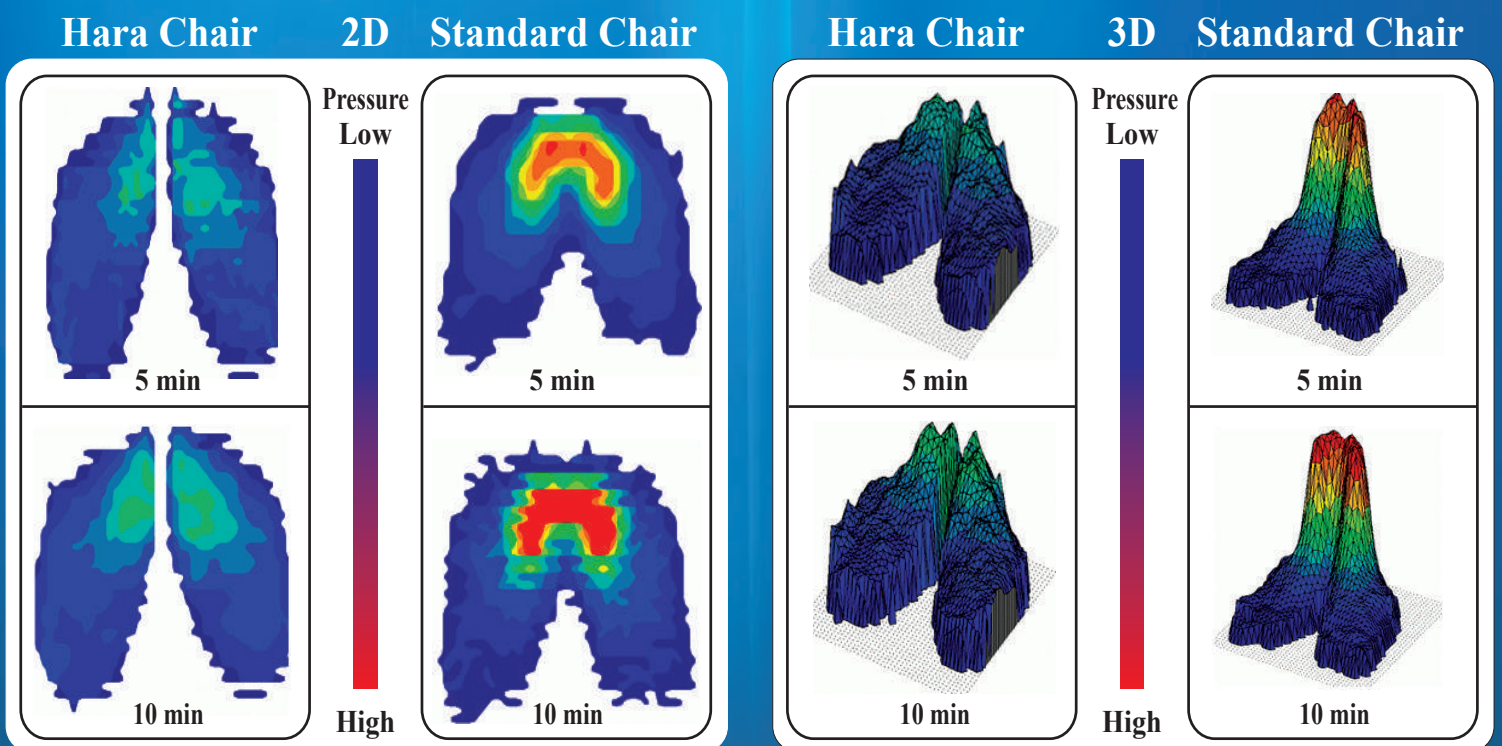
[www.harastuhl.de](http://www.harastuhl.de)

HaraTech has spent more than 10 years working on the question  
 “How can chairs be made more functional and healthier for people?”

Traditional chairs are only made of three parts: the legs, the seat and the back. A standard seat does not distribute the whole upper-body weight effectively. This often results in circulatory problems in the pelvic area and pain in the spine. This is what led HaraTech to use the latest scientific findings to create a chair with a double seat. HaraTech’s patented Original Mechanism distributes the upper-body weight effectively. This produces a general reduction in the pressure on the pelvis and spine and a significant improvement in the circulation in the pelvic area and spine.



The Hara system adapts naturally to the ideal angle of the pelvis in both men and women.



## Performance benefits

Whatever you imagined a perfect chair should deliver, productivity, high style, environmental performance, HaraTech has the right answer for you.



### Hara System 1

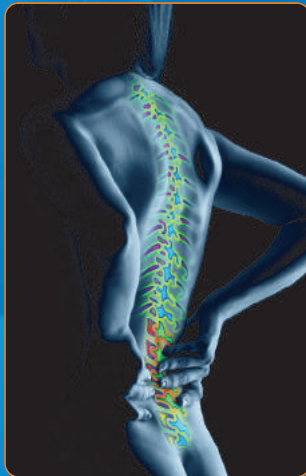
The base of a Hara chair is separated in two and designed based on human body science to fit pelvic structure. The Hara chair can be adjusted to give the best comfort to the body.

### Hara System 2

The unique Hara chair mechanism of Hara chair allows easy adjustment of the base of a Hara chair to give comfort. Stable and comfort posture helps prevent spinal and pelvic disorders as well as haemorrhoids.

### Hara System 3

The base of the Hara chair moves vertically to fit the pelvic structure of a person. The Hara chair base can adjust itself to fit the ideal pelvic angle for men and women. This relieves the pressure on the spine and pelvis caused by the upper body weight and enables better blood circulation.



### Three Back™

The Hara chair's back changes shape to support the entire spine. This can reduce the chance of lower back sag and a hunched posture, which weakens disc walls, stresses back ligaments and causes deterioration of the spine.

### Thermal Comfort

Thanks to slats in both its back and seat, and the special foam it uses, the Hara chair offers superb breathability. It effectively controls a balance of heat and moisture so users stay comfortable.

### Adjustable Seat Depth

People don't fit neatly into three average sizes. Leg and torso lengths can vary independent on a person's overall height. Adjustable seat depth accommodates different body shapes for long-term comfort.

### Seat Edge Angle Control

Enables people to ease pressure on thighs and widen the angle between legs and torso without feeling like they're sliding out of their chair. Plus, shorter people gain nearly two inches of seat height.

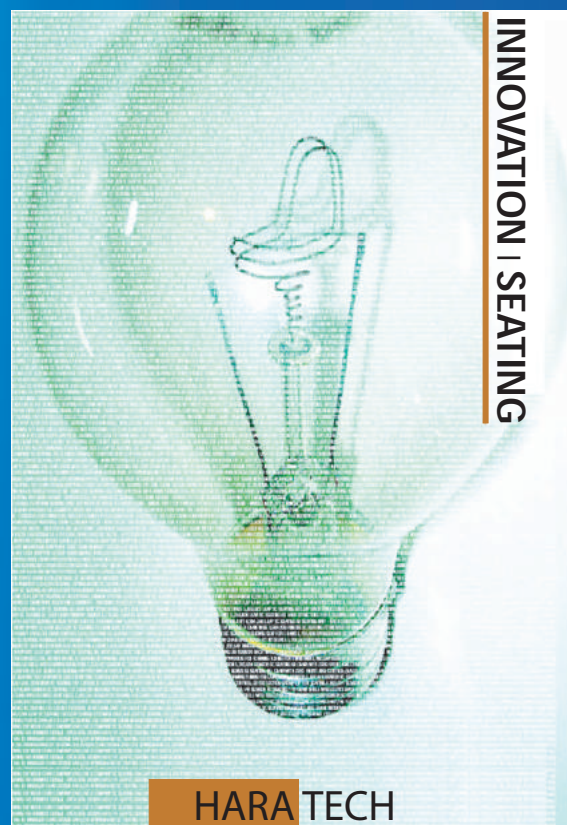
### Oversized Casters

50 millimetres casters are standard on Hara chairs, so the chairs move easily, an important feature in a time when nearly everyone seems to be in near constant motion.



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**HARA CHAIR®** Future Series

**Innovation everywhere.  
Chairs for every purpose.  
Of course, people sit in  
many other places.  
HaraTech also offers  
innovative seating  
solutions for general use,  
conferences, lounge seating,  
cars and aeroplanes.**



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# Product Information

HaraTech offers the world's widest range of work chairs, designed to suit every body, every style and every budget.

## NIE



Model		NIE
Seat width	cm	50
Seat depth	cm	50
Seat height	cm	43-60
Total height	cm	111 123

## NWL



Model		NWL
Seat width	cm	50
Seat depth	cm	50
Seat height	cm	43-60
Total height	cm	111 123

## ZEN-LS



Model		ZEN-LS
Seat width	cm	50
Seat depth	cm	50
Seat height	cm	43-60
Total height	cm	111-123

## ZEN



Model		ZEN
Seat width	cm	50
Seat depth	cm	50
Seat height	cm	43-60
Total height	cm	111-123

**THA**

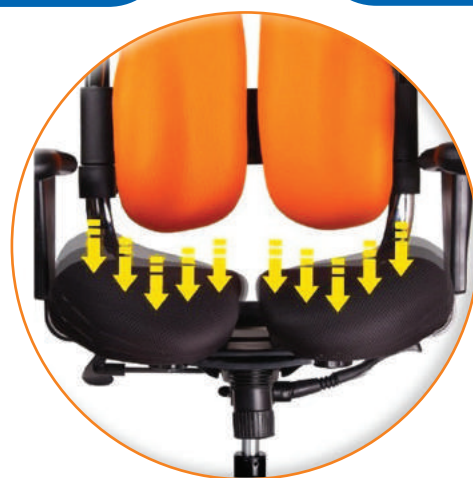


**DOL**



Model		THA
Seat width	cm	50
Seat depth	cm	50
Seat height	cm	43-60
Total height	cm	111-125

Model		DOL
Seat width	cm	50
Seat depth	cm	50
Seat height	cm	43-60
Total height	cm	118-125



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## CAE

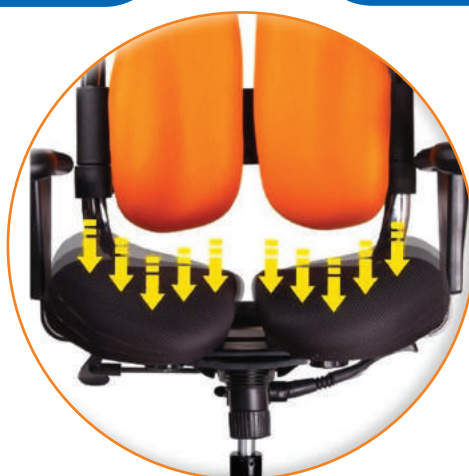


## LOB



Model	CAE	
Seat width	cm	50
Seat depth	cm	50
Seat height	cm	43-60
Total height	cm	119-125

Model	LOB	
Seat width	cm	160/3x50
Seat depth	cm	46
Seat height	cm	43
Total height	cm	



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Email: [info@harastuhl.de](mailto:info@harastuhl.de)

Website: [www.harastuhl.de](http://www.harastuhl.de)

Date: 01.01.2025

**GRADUATED PRICE LIST as at 01.01.2025**

Dear Sir or Madam,

We can offer you the following discounts on all HARA CHAIR models in stock.

Purchase of 2 - 20 chairs -10%

Purchase from 21 chairs -15%

Model	Color	Design	Net price	Incl. 19 % VAT
NIE	Orange - black	Fabric design 04	€ 671,43	€ 799,00
NIE	Black	Fabric design 01	€ 671,43	€ 799,00
NWL	Black	Artificial leather M-117	€ 671,43	€ 799,00
ZEN-LS	Orange - black	Fabric design 04	€ 671,43	€ 799,00
ZEN-LS	Black	Fabric design 01	€ 671,43	€ 799,00
ZEN	Orange - black	Fabric design 04	€ 671,43	€ 799,00
ZEN	Black	Fabric design 01	€ 671,43	€ 799,00
THA	Black	Fabric design 01	€ 671,43	€ 799,00
DOL	Black	Fabric design 01	€ 587,40	€ 699,00
CAE	Black	Artificial leather 01	€ 671,43	€ 799,00
LOB	Cream	Artificial leather M-116	€ 713,45	€ 849,00
Arm-elbow protectors	Black	A pair of arm-elbow protectors suitable for all HARA CHAIR models. Breathable fabric 01	€ 24,37	€ 29,00

**The prices are included shipping and packing where applicable.**

**The warranty is 2 years.**





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E-Mail: [info@harastuhl.de](mailto:info@harastuhl.de)

Date: 01.01.2025

## Additional parts

Dear Sir or Madam,

The following additional parts are compatible with all HARA CHAIR models.

Item	Net price
Special color for backrest (standard colors 01 black and 04 orange without surcharge)	20,00 €
Special color for headrest, backrest and seat cushion (standard colors 01 black and 04 orange without surcharge)	40,00 €
Extra low gas lift	20,00 €
Extra high gas lift	25,00 €
Set of 5 pieces 65 mm special castors for hard floors (laminat / PVC, tiles / granite, parquet / wood and floor protection mat) or soft floors (carpet / carpeting, felt, sisal)	35,00 €
Heavy-duty base loadable up to 150 kg including 65 mm special castors for hard floors (laminat / PVC, tiles / granite, parquet / wood and floor protection mat) or soft floors (carpet / carpeting, felt, sisal)	74,79 €
Foot ring with a diameter of 50 cm (stepless height-adjustable, stable, high quality)	57,98 €
Short seat cushion seat with depth 45 cm (standard seat cushion 50 cm seat depth without surcharge, color 01 black)	20,00 €
Arm and elbow protectors (breathable polyester fabric, color 01 black)	24,37 €
4-D armrests, in addition to the height and width adjustment, 4-D armrests allow the arm pad angle to be adjusted inwards or outwards and are depth adjustable by moving the arm pads forwards or backwards. Set of 2 pieces.	66,39 €

**Orders without a chair do not include shipping costs for delivery.**

**All prices are net, plus statutory VAT.**

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**HARA CHAIR**<sup>®</sup>



**Product description, below we will inform you about the different advantages of the latest HARA CHAIR models.**

**1. The NIE or NWL models** with the split, ergonomically shaped backrest support the shoulder girdle and neck and thus prevent tension. The back cushions are movable and adapt optimally to the back depending on the sitting position. For the best possible comfort, the back cushions can be adjusted in height and width. The NIE or NWL model is suitable for everyone who sits a lot and for long periods of time. The difference between NIE and NWL is based on the material.

What alternatives are there? If you don't have back problems but want to prevent discomfort, an office chair for dynamic sitting is recommended (see models NIE or NWL). If you have intervertebral disc problems or a pronounced hollow back, depending on your symptoms, we recommend a model with strong (see model ZEN-LS) or light lumbar support (see models ZEN, THA, DOL, CAE).

The NWL upholstery cover is made of PVC synthetic leather, which is extremely robust and easy to care for. The NIE upholstery cover is covered with a polyester fabric. Both the artificial leather and the polyester covers are particularly breathable due to their honeycomb structure and thus prevent sweating. A special foam is used in the seat, the climate slats have a heat-regulating effect and dissipate moisture. The user always feels comfortable.

The height should not be higher than 200 cm and the maximum load capacity with the standard base is 120 kg. We optionally offer a heavy-duty base that can hold up to 150 kilograms and also 65 mm special castors for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) or 65 mm special castors for soft floors (carpet/carpet, felt, sisal) for an additional charge. See price list with possible additional options.

**2. The ZEN-LS model** has built-in lumbar support in the back cushion. This model is very suitable for alleviating complaints in the lower back area (e.g. herniated disc, lumbar spine syndrome) and for supporting the spine in the lumbar region. The ZEN-LS model with built-in lumbar support is suitable for anyone who sits a lot and wants to support their lumbar spine. If you have a severe hollow back or have had a herniated disc, this model primarily relieves discomfort in the lower back area. Thanks to the height-adjustable

Backrest, the support can be optimally adjusted to the lumbar region. The best way to test whether the ZEN-LS model is the right chair for the user is by adding a rolled up towel or a small pillow to the lumbar area of a standard office chair. The ZEN-LS is recommended for people who find this pleasant.

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What alternatives are there? If you don't have back problems but want to prevent discomfort, an office chair for dynamic sitting is recommended (see models NIE or NWL). If you have intervertebral disc problems or a pronounced hollow back, depending on your symptoms, we recommend a model with strong (see model ZEN-LS) or light lumbar support (see models ZEN, THA, DOL, CAE).

The ZEN-LS model is covered with a polyester fabric and is particularly breathable due to its honeycomb structure, thus preventing sweating. A special foam is used in the seat, the climate slats have a heat-regulating effect and dissipate moisture. The user always feels comfortable.

The height should not be higher than 200 cm and the maximum load capacity with the standard base is 120 kg. We optionally offer a heavy-duty base that can hold up to 150 kilograms and also 65 mm special castors for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) or 65 mm special casters for soft floors (carpet/carpet, felt, sisal) for an additional charge. See price list with possible additional options.

**3. The ZEN model** supports the lumbar area and shoulder girdle with a “light lumbar support” in its ergonomic S shape, which provides pleasant support for the lumbar area and relieves the strain on the shoulders. Many people with a hollow back or back problems after a herniated disc find the light lumbar support pleasantly relieving. In addition, the height-adjustable backrest can be optimally adapted to each person's size and needs.

What alternatives are there? If you don't have back problems but want to prevent discomfort, an office chair for dynamic sitting is recommended (see models NIE or NWL). If you have intervertebral disc problems or a pronounced hollow back, depending on your symptoms, we recommend a model with strong (see model ZEN-LS) or light lumbar support (see models ZEN, THA, DOL, CAE).

The ZEN model is covered with a polyester fabric and is particularly breathable due to its honeycomb structure, thus preventing sweating. A special foam is used in the seat, the climate slats have a heat-regulating effect and dissipate moisture. The user always feels comfortable.

The height should not be higher than 200 cm and the maximum load capacity with the standard base is 120 kg. We optionally offer a heavy-duty base that can hold up to 150 kilograms and also 65 mm special castors for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) or 65 mm special casters for soft floors

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(carpet/carpet, felt, sisal) for an additional charge. See price list with possible additional options.

**4. The THA model** with the ergonomic backrest made of air-permeable mesh and adjustable lumbar support in height and depth, this office chair primarily supports the lower back area. The strength of the lumbar support can be individually adjusted using an integrated rotary knob or removed if necessary. Without lumbar support, the mesh backrest supports the back individually.

The backrest is not height-adjustable in this model, but with the help of the synchronous mechanism and the adjustable seat depth, the best back position and the angle of inclination can be optimally adjusted (with a height-adjustable backrest see models NIE, NWL, ZEN-LS and ZEN).

What alternatives are there? If you don't have back problems but want to prevent discomfort, an office chair for dynamic sitting is recommended (see models NIE or NWL). If you have intervertebral disc problems or a pronounced hollow back, depending on your symptoms, we recommend a model with strong (see model ZEN-LS) or light lumbar support (see models ZEN, THA, DOL, CAE).

The THA model is covered with a polyester fabric and is particularly breathable due to its honeycomb structure and thus prevents sweating. A special foam is used in the seat, the climate slats have a heat-regulating effect and dissipate moisture. The user always feels comfortable.

The height should not be higher than 200 cm and the maximum load capacity with the standard base is 120 kg. We optionally offer a heavy-duty base that can hold up to 150 kilograms and also 65 mm special castors for hard floors (laminated / PVC, tiles / granite, parquet / wood and floor protection mat) or 65 mm special castors for soft floors (carpet/carpet, felt, sisal) are available at an additional cost. See price list with possible additional options.

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**5. The DOL model** follows the natural S-curve of the spine with a continuous backrest. The well-padded, ergonomic backrest not only supports the shoulders and thus prevents tension, it also has light lumbar support, which provides pleasant support, especially for the lower back. The backrest is not height-adjustable in this model, but with the help of the synchronous mechanism and the adjustable seat depth, the best back position and the angle of inclination can be optimally adjusted (with a height-adjustable backrest see models NIE, NWL, ZEN-LS and ZEN).

What alternatives are there? If you don't have back problems but want to prevent discomfort, an office chair for dynamic sitting is recommended (see models NIE or NWL). If you have intervertebral disc problems or a pronounced hollow back, depending on your symptoms, we recommend a model with strong (see model ZEN-LS) or light lumbar support (see models ZEN, THA, DOL, CAE).

The DOL model is covered with a polyester fabric and is particularly breathable due to its honeycomb structure, thus preventing sweating. A special foam is used in the seat, the climate slats have a heat-regulating effect and dissipate moisture. The user always feels comfortable.

The height should not be higher than 200 cm and the maximum load capacity with the standard base is 120 kg. We optionally offer a heavy-duty base that can hold up to 150 kilograms and also 65 mm special castors for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) or 65 mm special castors for soft floors (carpet/carpet, felt, sisal) for an additional charge. See price list with possible additional options.

**6. The CAE model**, with its ergonomic S-shape, supports both the lumbar area and the shoulder area with "light lumbar support" and is at the same time very comfortable due to its padding. Thanks to the 85 cm high backrest and wide, stable construction, the CAE model is particularly suitable for tall and heavy people. The backrest is not height-adjustable in this model, but with the help of the synchronous mechanism and the adjustable seat depth, the best back position and the angle of inclination can be optimally adjusted (with a height-adjustable backrest see models NIE, NWL, ZEN-LS and ZEN).

What alternatives are there? If you don't have back problems but want to prevent discomfort, an office chair for dynamic sitting is recommended (see models NIE or NWL). If you have intervertebral disc problems or a pronounced hollow back, depending on your symptoms, we recommend a model with strong (see model ZEN-LS) or light lumbar support (see models ZEN, THA, DOL, CAE).

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The CAE upholstery cover is made of PVC synthetic leather, which is extremely robust and easy to care for. The upholstery cover is particularly breathable due to its honeycomb structure and thus prevents sweating. A special foam is used in the seat, the climate slats have a heat-regulating effect and dissipate moisture. The user always feels comfortable.

The height should not be higher than 200 cm and the maximum load capacity with the standard base is 120 kg. We optionally offer a heavy-duty base that can hold up to 150 kilograms and also 65 mm special castors for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) or 65 mm special castors for soft floors (carpet/carpet, felt, sisal) for an additional charge. See price list with possible additional options.

**7. The LOB model**, the three-part HARA CHAIR, brings the advantages of a two-dimensionally movable office chair to the waiting room. The seats of the three-seater are divided and enable dynamic sitting. In contrast to waiting chairs with a rigid seat plate, the weight of the upper body is distributed effectively. This generally reduces the pressure on the pelvis and spine and significantly improves blood circulation in the pelvic and spine area. The LOB upholstery cover is made of PVC synthetic leather, which is extremely robust and easy to care for. The upholstery cover is particularly breathable due to its honeycomb structure and thus prevents sweating. A special foam is used in the seat, the climate slats have a heat-regulating effect and dissipate moisture. The user always feels comfortable.

**The patented pressure-relieving function of the split seat is the same for all HARA CHAIR models. The advantages and functionality of pressure relief are explained in detail on our website.**

For further information please contact us, we will be happy to advise you personally to find the right HARA CHAIR model for you.

[www.harastuhl.de](http://www.harastuhl.de)

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**Technical data model: NIE 04**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black - 04 Orange

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-129 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 27 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

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**HARA CHAIR**<sup>®</sup>



**Technical data model: NIE 01**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-129 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 27 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.



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**Technical data model: NWL M-117**

Cover: PVC synthetic leather (very robust with breathable ventilation openings)

Color: M-117 Black

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-129 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 27 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

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**Technical data model: ZEN-LS 04**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black - 04 Orange

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-129 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 27.5 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

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**HARA CHAIR**<sup>®</sup>



**Technical data model: ZEN-LS 01**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-129 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 27.5 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

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**HARA CHAIR**<sup>®</sup>



**Technical data model: ZEN 04**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black - 04 Orange

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-129 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 27.5 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

*Healthy & Relax*   
**HARA CHAIR**<sup>®</sup>



**Technical data model: ZEN 01**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-129 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special castors for soft floors (carpet / rugs, felt, sisal) or for hard floors (laminated / PVC, tiles / granite, parquet / wood and floor protection mats) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 27.5 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

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**Technical data model: THA 01**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 111-125 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 23 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

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**Technical data model: DOL 01**

Cover: polyester fabric (very robust with breathable ventilation openings)

Color: 01 Black

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 118-125 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 24 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.

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**Technical data model: CAE 01**

Cover: PVC synthetic leather (very durable synthetic leather)

Color: 01 Black

Seat width: 50 cm

Seat depth: 50 cm

Seat height: 43-60 cm (infinitely height adjustable using gas lift)

**Optionally** we offer an extra high gas lift, seat height of 55 cm to 70 cm (a foot ring is recommended for relaxed support of the feet) for an additional charge.

Total height: 119-125 cm

Base: Chrome-plated base, with standard base can hold up to 120 kg.

**Optionally** we offer a heavy-duty base that can hold up to 150 kilograms for an additional charge.

Wheels: 5 x load-dependent braked 50 mm double wheels (included)

**Optionally** we offer 65 mm special rolls for soft floors (carpet/carpet, felt, sisal) or for hard floors (laminated/PVC, tiles/granite, parquet/wood and floor protection mat) for an additional charge.

HARA CHAIR Patented split seat: The movable seat modules adapt optimally to the natural angle of the pelvis, thereby reducing pressure on the pelvis and tailbone. The spine is relieved, the intervertebral discs are protected, and blood circulation in the pelvis and spine is significantly improved.

Synchronous mechanism: With the integrated synchronous mechanism, the backrest and seat tilt proportionally to each other. The synchronous mechanism enables comfortable sitting and avoids poor posture.

Weight: 30 kg (without packaging)

Warranty: 2 years

Recommended for 8 to 12 hours of daily sitting.



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**Technical data model: LOB M-116**

Cover: PVC synthetic leather (very robust with breathable ventilation openings)

Color: M-116 Beige

Sitzbreite: 3 x 50 cm

Seat depth: 46 cm

Seat height: 43 cm

Total height: 94 cm

Base: Chrome-plated base

Maximum load: up to 3 x 120 kg

Weight: 48 kg (without packaging)

Warranty: 2 years