

# Find Your Perfect Fit



Monk  
Office



## Find a seat for one or many

Shopping for yourself? Looking to update an entire office? Talk with our Furniture Specialists to learn how to best meet your seating and furniture needs.



# Nice to Seat You

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**At Monk, we know that options can be overwhelming, and when you're purchasing something that will be used all day, every day, the stakes are high.**

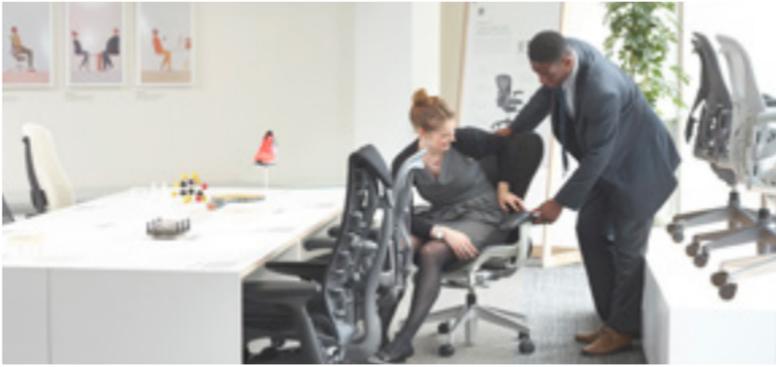
Here you'll find ten office chairs that were handpicked by our furniture specialists to meet the most common office needs. Whether you simply touch down at your desk a few times a day or if you find it hard to pry yourself away at lunch, we're confident that one of these chairs will be a perfect fit.

Better yet, we know that after looking at these your existing chair might seem a little lacklustre. So we've made sure to stock all featured models in our Victoria warehouse, meaning we can get you sitting right faster.

# Ergonomic Seating

## Go Ergo

Designed to promote healthy sitting positions, ergonomic seating provides support while reducing body strain and promoting circulation.



## Embod

**HERMAN MILLER**

#CN122AWAAG1G1C73014  
from \$1249

The Embod chair is designed to move with you as you shift sitting positions throughout the day. It continuously adjusts to reduce pressure and encourage movement to promote healthy circulation and focus.



The Embod's back is designed with a central spine and flexible ribs to allow you to position the backrest in line with your back's natural curve. With its extensively researched design, you'll feel a difference both while sitting and after work is done.

# Cosm

HERMAN MILLER

#FLC152SFHG1G1G1SC8BK84501  
from \$1049



Cosm's Auto-Harmonic Tilt instantly and automatically provides balanced support and movement custom to your body and posture. Breathable and temperature-neutral, the Intercept suspension has a continuous form that eliminates the gap between the seat and back. The Cosm conforms to each person's body to provide dynamic spinal support.



# Aeron

HERMAN MILLER

#AER1B21HWAJG1G1G1C7B  
from \$1099



The iconic Aeron chair delivers in form and function. The innovative Pellicle fabric eliminates circulation-restricting pressure points while enveloping you in ergonomic comfort while maintaining its shape and support over time. This Aeron model has all the features needed to adjust to your preferred sitting position and to seamlessly shift to a fully reclined position.

**MIRRA 2 | SAYL**   
by Herman Miller

Good for you and the environment, the Mirra 2 and Sayl chairs were developed with environmental responsibility in ways that reduce and reuse materials.



# Mirra 2

**HERMAN MILLER**

#MRF121AWFPAJG1C7G1BK1A703  
from \$899



Lean and light, the Mirra 2 is a high-performing chair designed to support people who work in a constant state of motion. Personalized ergonomics adapt to you instantly to provide both immediate and longterm comfort. In addition, the PostureFit sacral support is ventilated to keep you cool.

# Sayl

**HERMAN MILLER**

#AS1SA22HFAJBKC7BKBK3  
from \$699



With a back design that appears like a sail of a boat, the Sayl chair combines good design, healthy support and exceptional value. Its 3D intelligent back provides support from every angle, as its elastomer strands vary in thickness and tension to constantly adjust to your movement. A winner of multiple design awards, the Sayl is designed in an environmentally concious method with fewer parts and materials.



**We're all unique, it's important to think about how you sit when choosing an office chair.**

Notice your most common seated position and be sure that your chair choice offers appropriate adjustments. If you tend to lean forward or recline throughout the day, choose a model with a tilt limiter to ensure its range of motion aligns with your comfort level.

Do you occasionally cross your legs? Choose a chair with arm rests with adjustable widths and depths to allow more than one sitting position. As well, since every body is different, it's always best to have them adjusted to fit your needs and sitting style.

# Lino

**HERMAN MILLER**

#MI1B325HFAJBKC74RM06  
from \$499

Lino's contoured seat works together with its high-performance Duo Suspension to give you total spinal support. The breathable suspension features integrated lumbar support thanks to a composite of different thread tensions. Get into a Herman Miller chair for under \$500.





⚠ Please note that prices listed are current at the time of printing and are subject to change.

Base models shown are in stock. More colours and options are available by order.

# Elite

## OBUSFORME

#2771-3-FU85 | from \$569

The Elite offers several adjustment options to ensure a custom fit. An adjustable infinite tilt lock creates a range of reclining options to account for a variety of sitting positions throughout the day. As well, it comes fully upholstered with a cushioned back rest for maximum comfort.



# Ultra

GLOBAL  black  white

■ #MVL11730-BL20-CHM | \$379

■ #MVL11730-PU38BL28

The Ultra features modern pleated back and seat design with chrome base and arms. It includes a locking tilt mechanism, seat height adjustment, and finished with Luxhide bonded leather. It is great for short term use and in boardrooms.



# Ibex

OFFICES TO GO

#MVL2803F-3-JN02 | \$399

The Ibex Multi-Tilt chair features a breathable mesh back for enhanced comfort as well as many adjustable parts, making it a great chair for multiple short-term users. The back angle and lumbar height adjustments offers a custom fit, and the pneumatic lift allows users of different sizes to be comfortable and well supported.





# Guide to Ergonomic Seated Posture



Monk  
Office

**Shop for office seating online,  
with your rep, and in our nine  
stores across the Island.**

**Explore and try ergonomic  
seating choices at our office  
seating and furniture showroom.**

**Office Seating Showroom**

3335 Oak Street, Victoria

250 475 2599



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August 22, 2019