



TOPDECK OFFERS ULTIMATE ZEN EXPERIENCE WITH MEDITATION EXPERT BIET SIMKIN

- *Topdeck Travel introduces bespoke travel inspired meditations to promote relaxation and reflection via the [Topdeck app](#)*
- *Three types of meditation recordings have been designed to complement various points of the Topdeck daily journey*
- *Topdeck x Biet Simkin meditations form part of the Topdeck MOVE programme which successfully launched Bucket List runs earlier this year*

LONDON – JUNE 2016 – Recognising the growing appeal of mindfulness amongst the connected younger generation, Topdeck Travel has partnered with world renowned meditation expert [Biet Simkin](#) to offer adventurers bespoke meditations via the Topdeck app during their travels.

Founder of Center of the Cyclone, an immersive experience that weaves meditation, art, music and fashion, Biet's meditations merge contemporary living with an aim to get present. A natural fit for Topdeck, the bespoke travel meditations which are available for travellers via the Topdeck app provide a taster into the world of meditation acknowledging cultural experiences and day to day life on the road.

The three meditations which are located in the MOVE section of the app have been curated to be enjoyed at various points of the day:

- 1) Morning - the brief morning meditation prepares travellers for the new day and the unexpected adventures which may lie ahead.
- 2) Drive - a longer meditation designed for travel days where passengers have more down time to pause and absorb their travel experience
- 3) Night - the final meditation of the day encourages travellers to look back on their day and recent adventures whilst promoting a sound sleep.

Sarah Clark, Topdeck's Global General Manager commented: *"We launched Topdeck MOVE to meet the growing demand from millennials craving a balanced lifestyle, enabling them to integrate wellness into their travel itinerary without going to extremes.*

"We're really excited to partner with Biet to offer our passengers something a little different, which promotes physical and mental wellbeing, whilst embracing the current mindfulness trend. Biet's accessible meditations are just another way that Topdeck provides passengers with a little extra to ensure we cater for all lifestyles and interests."

Providing the perfect platform for young travellers to explore the world in a safe and affordable way, Topdeck offers unforgettable trips through the sheer range of destinations and itineraries on offer. Hassle free and designed to suit every budget, Topdeck offers authentic trips around the world and enables travellers to share their experience with likeminded individuals.

Biet Simkin's meditations will be available to Topdeck passengers via the Topdeck app. The meditations form part of Topdeck's wellness offering, Topdeck MOVE, which launched Bucket List runs earlier this year and will be rolling out further features throughout 2016.

To find out more about Topdeck and the unique experiences on offer, please visit <https://www.topdeck.travel/>

Designed for booked travellers, the Topdeck app is available to download here: <https://www.topdeck.travel/app>

About Topdeck Travel

Topdeck is the number one provider of epic, hassle-free, authentic group trips for young people. Founded in 1973 by a group of friends with a double decker bus and a passion for adventure, Topdeck has grown to offer the a variety of culturally-rich planned trips spanning Europe, Asia, Australia & New Zealand, North America, Africa and the Middle East.

Topdeckers from around the world enjoy a travel experience led by fun, local trip leaders with the opportunity to travel with and meet likeminded individuals.

www.topdeck.travel

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