



Tilden Hotel

TILDEN HOTEL PARTNERS WITH SIMPLE HABIT TO DELIVER MEDITATION AND MINDFULNESS

Boutique hotel further integrates well-being into guest experience

SAN FRANCISCO (January 29, 2019) – Expanding on its principles of minimalism and organic simplicity, [Tilden Hotel](#) introduces a new initiative centered on mindfulness in partnership with San Francisco-based meditation app [Simple Habit](#). The 118-room hotel invites guests to unwind and relax with complimentary premium access to Simple Habit's entire library of short meditations and audio therapy sessions.

Simple Habit makes reducing stress as easy as five minutes a day. Over 2,000 guided meditations produced by world-class experts give busy people a practical way to reduce daily stress, improve focus, and sleep better. With inspiring spaces from the hotel's spacious and sophisticated guest rooms to the al fresco garden, The Backyard, and lobby infused with local artwork, Tilden Hotel encourages guests to take mindful moments and a "daily vacation for the mind."

"Our guests choose Tilden Hotel because it's a quiet respite from the fast-paced urban life, but still with convenient access to the best of San Francisco," says General Manager Jason Webb. "We want to make it easy for our guests to maintain a balanced lifestyle while on the road. Through our new partnership with Simple Habit, guests have access to a mindful escape at their fingertips."

Simple Habit is free to download and available on iOS, Android and Google Play. Users enjoy an intuitive, personal experience including:

- 2,000+ short meditations and audio therapy sessions based on situations like trouble sleeping, morning anxiety and lack of focus
- 100+ world-class meditation teachers, therapists and executive coaches
- The choice of 5, 10, and 20-minute long sessions that fit your schedule, whether you're at home, at work, in bed or on-the-go
- Motivating tracking features
- Build your own playlists and get your customized plan
- Daily meditation reminder to encourage consistent practice
- Social community that lets users follow friends' meditation progress via a global participation map

To redeem, hotel guests can sign up at www.simplehabit.com, enter the promo code at Tilden Hotel's unique URL and then log in to the mobile app for total access to Simple Habit's full library.

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ABOUT TILDEN HOTEL

Walking distance to Union Square in San Francisco, Tilden Hotel is a 118-room boutique hotel designed by Studio Tack. Tilden Hotel reinterprets ideas of minimalism with a refined

sense of composure instilled in every space, from the residential-inspired lobby and relaxed, sophisticated guest rooms to the lively speakeasy restaurant & bar, The Douglas Room. Other amenities include a locally sourced mini bar, Café Tilden serving Equator Coffee espresso drinks and drip coffee, The Rooftop signature indoor/outdoor event space with 360-degree city views, and artwork installations by local artists throughout. For reservations and additional information on Tilden Hotel, visit www.tildenhôtel.com, call (415) 673-2332, or connect on Instagram [@tildenhôtel](https://www.instagram.com/tildenhôtel) or Facebook [@TildenHotel](https://www.facebook.com/TildenHotel).

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