

Join the BIG Sit. Meditate for Mental Fitness

A national fundraising event towards mental fitness & resilience during Mental Health Month – October 2022

Every Saturday morning at 6.30 am across 17 different locations in Australia, crowds gather to experience *The Sit's* connection at sunrise. This free community event brings people together from all walks of life, fostering mental fitness and a sense of connectedness to each other outdoors in nature.

The Sit Community is a not-for-profit organisation co-founded in 2018 by Jason Partington and Mike Britton in Avalon, New South Wales, in response to a year of increased suicide rates in the area. Jason realised the importance of creating an opportunity for individuals to feel not only a sense of belonging to the community and environment but to offer the practice of meditation in a very accessible and practical way.

To celebrate Mental Health Month this October 2022, *The Sit Community* will be running a 29-day fundraising event called **The BIG Sit**.

Twenty-eight themed guided meditations (available in 10 or 20 minutes durations) will be available for participants via daily live streaming or on-demand recordings. The aim of this initiative is to progressively enhance mental fitness through simple 28-day practice, leading towards the final event - **The BIG Sit**. On Saturday 29th October at 6.30 am, we will be congregating to **SIT** together at Manly Beach, one of Sydney's most iconic locations, which will be presented by a special guest. **The BIG Sit**. welcomes everyone to tune in from wherever they are as the event will be hosted across all 17 *The Sit Community* locations as well as broadcasted Australia-wide.

The benefits of mindfulness and meditation on mental health and wellbeing are widely accepted. Studies have shown that meditation can help increase awareness, sense of focus, composure and compassion.

The BIG Sit. creates an opportunity for people to participate in the development of their mental fitness and wellbeing. This nationwide program seeks to encourage a daily habit of meditation for life and makes meditation easy and accessible for everybody.

Sign-up for this daily practice during the month of October and help to raise funds for *The Sit Community*, an Australian not-for-profit that takes action by creating connection and community, by making meditation mainstream. *The Sit Community* is 100% run by volunteers. All funds raised by **The BIG Sit**. will go directly towards *The Sit Community* - to fund the training of more community facilitators and activate new locations - getting *The Sit* closer to its vision of having 1000 interconnected *Sit* locations globally.

The BIG Sit. is proudly sponsored by Loan Market, Prana Chai and Glamorazzi.

Event details:

1st to 29th October 2022

To take part in **the BIG Sit**. simply visit our official website thebigsit.com.au

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the Sit.

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