

Over 200 Meditators Expected to Join James Mathison on Manly Beach for The BIG Sit on Saturday 29th October 2022

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

Local northern-based charity **the Sit Community** is expecting to attract over 200 Sydney locals to meditate together on Manly Beach at sunrise on Saturday the 29th of October, as the grand finale of its inaugural 29-day event, **The BIG Sit**.



The Sit Community is hosting a nationwide mental fitness event called **The BIG Sit** throughout Mental Health Month this October 2022. 28 daily themed guided meditations ranging from ten to twenty minutes will be available for participants to attend live via Facebook or Instagram, or access on demand any time, anywhere from **The BIG Sit** website and social media. The aim of this initiative is to gradually enhance mental fitness in stages towards the final event, **The BIG Sit**. On Saturday, 29th of October, a thirty-minute live meditation will be led by Jason Partington and **The BIG Sit** ambassador, James Mathison (*from Australia Idol and The Project*). This event will also be streamed live via Instagram and Facebook.

The Sit Community believe that practising daily meditation and mindfulness can go a long way to supporting people to develop mental fitness.

Beyond Blue latest statistics reveal that one-quarter of Australians will experience an anxiety condition in their lifetime and 1 in 6 Australians are currently experiencing depression or anxiety or both. Suicide is a major public health issue, and more than 3000 people take their life each year, and suicide is the largest cause of death for Australians aged between 15 and 49.

Co-founder of **the Sit Community**, Jason Partington says: “It will be amazing to see so many people all meditating together on Manly Beach for Sunrise. There is something special about witnessing people from diverse backgrounds, ages and cultures all sitting together in silence, focussing on their breath and dropping into the present moment.”

The Sit. Community is a not-for-profit organisation that was co-founded in 2018 by Jason Partington and Mike Britton in Avalon, NSW, in response to a year of increased suicide rates in that area. Jason realised the importance of creating an opportunity for individuals to feel not only a sense of belonging to the community and the environment but to feel supported and energised to meet daily challenges with confidence.

The beneficial effects of mindfulness and meditation on mental health and well-being are widely accepted. Many have found that meditation can also increase awareness, sense of focus, composure and compassion.

Every Saturday morning at 6.30 am, at 16 different locations across Australia, individuals are gathering to enjoy the peace and tranquillity of **the Sit** at sunrise. This weekly free community event (since 2019) brings people together from all walks of life, fostering mental fitness and a sense of connectedness to each other outdoors in nature.

The BIG Sit creates an opportunity for people to participate in the development of their mental health and well-being while contributing to wider efforts to support those at risk of attempting suicide.

Sign-up for this daily practice during the month of October and help to raise funds for **the Sit. Community**.

Event details:

1st to 29th October 2022

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

Access our media kit [here](#).

Watch **The BIG Sit**. announcement video [here](#).

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the Sit.

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