2hives

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Melbourne's 2hives opens sign-ups for a 30-day Guided Meditation Challenge, starting on World Meditation Day

19 October 2026

MELBOURNE, 19 October 2026. 2hives, a guided-audio company in Melbourne, Australia, has opened sign-ups for the 2hives Guided Meditation Challenge: 30 days, 10 minutes a day, together. The challenge runs from 21 December 2026, World Meditation Day, to 19 January 2027. People can join any day until 26 December 2026.

A day counts when a participant has listened for 10 minutes or more in 2hives that day. The minutes are counted from their listening, so nobody logs anything by hand, and listening for longer still adds to their total. Two rest days keep a streak going. Finishing 25 of the 30 days completes the challenge, and all 30 days is a "Full 30".

Teams of colleagues, friends or a club can take part together, with up to 2,000 people in a team. In a team, a member who also joins a live group session earns two team points that day instead of one. A team's captain sees team totals only, never what any member listened to.

The challenge has an opening group session on 21 December 2026 and a finale group session on 20 January 2027, both open to everyone. It is for adults aged 18 and over. It is a habit challenge, not a health, therapy or wellbeing program, and nothing in it is medical advice.

World Meditation Day was proclaimed by the UN General Assembly in 2024, resolution A/RES/79/137.

About 2hives

Sound, written around you. 2hives makes guided audio for people who like to explore their own minds: relaxation, sleep, imagination, rehearsal and contemplative practice, in your own time and your own words. You describe what you want, and the script is written around your words: your name, your images, your pace. Safety lines at the start and the end stay as they are. 2hives is made in Melbourne, Australia, by 2BEE FARM PTY LTD.

Media contact

Gergo Bacskai, founder
Email: info@2hives.com
Press page, with logos, pictures, screenshots and an audio sample: https://2hives.com/press
The challenge: https://2hives.com/challenge

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