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Asha Mevlana - Part III

22.3.2017 ♥ 0 💬 0 🏆 Athlete Feature

Asha Mevlana

Today we're going to dig into a few more specifics on what a day on the road looks like with the Tran Orchestra and how that imposes itself on Asha's routine of staying fit and eating healthy. In [Part I](#) an back and get sucked into how her career started and what she does to keep her head on straight. Sh incredible story so go back and take a look. Otherwise, hope you're up for some more fun with the ir Asha Mevlana.

How long have you been with TSO?

This is my 6th year with the Trans Siberian Orchestra

Favorite memories on tour?

My favorite part of TSO is the people I tour with. Not only are they incredibly talented musicians, they have family. We spend so many holidays together on the road — my birthday, Thanksgiving, Christmas and sorn Years. We are lucky we love each other so much and get along so well!

TSO fans are the BEST!!! I especially love meeting them after the shows, and it's always fun to have little kid me and tell me that I have inspired them to take violin lessons. Because I've been in TSO for six years, I see kids year after year and they keep me updated with their progress. Seeing smiles out in the audience and r happy is really the best part of this job and I feel incredibly fortunate to be able to do this for a couple mo year with this group of people.

What do you do to stay healthy on the road for three months at a time? Being for two shows a day in multiple cities a week has to be hard on your body...

*It's hard to be healthy on the road. Fortunately we have an incredible catering staff who actually makes m vegan food every day. About a month before leaving on tour, I always do a detox and hit the gym hard It r like playing a show would require stamina** but when we have to play two shows a day, day in*

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Photo credit: @sheldonbship

imperative to be in shape to perform at your best. While on tour, my body and feet are always sore because for about 5 hours a day (on 2 show days) in high heeled boots. Luckily we have masseuses at the venue every day. And on days off, I always try to book a massage.

[**Asha – I've seen your show and I still don't know how you run around in heels with a shr

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a note**]

Does traveling on tour change the way you eat or what you do to stay fit?

On two-show days, I usually lift weights for about 20 minutes. On one-show days, I try to do at least 30. I used to run a lot but I end up getting a lot of cardio in the show, running around on stage, out into the audience etc. When I am home, I do a lot more cardio, running outside and muay thai classes and weights.


[A little more from Asha on her [Muay Thai](#) adventures. You get a sense for her good humor and good nature.]



First Descent’s Ball 2015 YouTube still

Take - away from today...

We’re all busy.....but Henry Rollins said it best “No such thing as spare time. No such thing as free tir thing as down time. All you got is life time. Go.” While on tour, Asha plans on a maximum of 30 minu which is exactly the time domain Game Ready Fitness plans for when writing workouts for our progr of what you’re actually following to stay fit, try to get up and move! If we can make an example of ou she took time out of her day during her busiest season (8 shows/week busy) and in the middle of he ensure we got the feedback we needed for our athlete feature. If we haven’t said it enough already, 1



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