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Asha Mevlana

08.3.2017 ♥ 0 ● 0 ◆ Athlete Feature

Drop – dead – gorgeous in every way humanly possible ... YES!

Asha Mevlana

Our featured athlete this month is a professional musician and the lead violinist for the last 6 years f Siberian Orchestra (http://www.trans-siberian.com). It has been really interesting to see how fitness her profession and even more captivating to learn her story and how she inspires others. She's so at and raw with us...you're in for a treat. The classically trained, breast cancer slaying, world traveling, rowest Coast TSO Lead Violinist is **one in a million** and **has a heart of pure gold.** She's enchanting. We awestruck. We hope you enjoy it too!

Background

There is no way we could do this woman justice with a single day feature so we've broken it up into r We asked Asha to provide us with a little background on herself so here it is in her own words...

I am a classically trained violinist but play mostly electric rock violin now. When I graduated from college I into public relations, thinking I would climb the corporate ladder and make lots of money. At age 24, short graduating, I was diagnosed with breast cancer. This completely changed the trajectory of my life. I decided how much longer I had to live, I would do something that gave meaning to my life. While I had been playing was 6 years old, I never considered that I could make a living at it. And so after I finished my chemotherapy quit my job, moved to LA and pursued a career as a rock violinist. I have been doing that ever since.

What is your Profession?

I am a professional musician. When I am not touring, I work as a life coach and a travel host/videographe

What does fitness mean in your Profession?

Being on the road for several months out of the year can be challenging. I find that I perform best when I f with healthy food. And of course it's important to have the stamina to play 2 shows per day.

Do you eat a certain way or follow a particular nutrition plan?

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Photo credit: @sheldonbship

I have been a vegetarian for a while now but switched to a mostly vegan diet about 2 years ago. For the measure after watching several documentaries about food. I also regularly attend 10-day silent meditations (a and the food there is primarily vegan. I tend to feel better and more clean when I eat vegan and for the mastuck to it. The hardest thing for me to give up was cheese but I have found some great alternatives. And the longer even want real cheese.

Did you play sports as a kid and did you have an influential coach or experience kept you motivated to keep moving as an adult?

My first dream in life was to be a professional baseball player for the Red Sox. I started playing baseball when I was six and continued playing on all-boy teams through high school.

After graduating from college I was studying with a non-classical violin teacher who was teaching me how was studying with her when I was diagnosed with breast cancer. She was a huge influence on me — While through chemo I remember her saying, "What do you really want out of your life?" I said something along twould love to be a musician if that was possible." She responded by saying, "You create your own life. You follow a path that everyone else does. Create your own." Her saying that to me gave the courage and realineded to drop my limiting beliefs of "it's to hard to make it as a musician" and really go for it.

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More to come from Asha's interview. Until then \dots	. grab a look at this <mark>2016</mark>	YouTube spot and get a lit
familiar with her ability to rock!		

[Thank you Florian Stangle for the Feature Photo on today's blog!]



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Workout 03/08/17

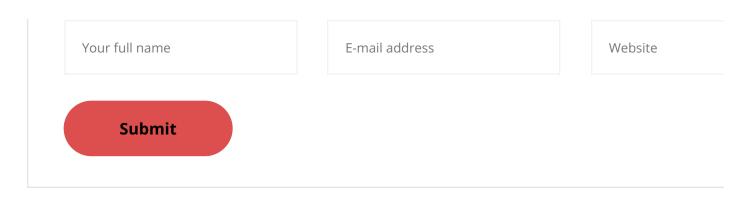
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Asha Mevlana

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