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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 of the Siberian Orchestra (<http://www.trans-siberian.com>). It has been really interesting to see how fitness fits into her profession and even more captivating to learn her story and how she inspires others. She's so authentic and raw with us...you're in for a treat. The classically trained, breast cancer slaying, world traveling, rock & roll West Coast TSO Lead Violinist is **one in a million** and **has a heart of pure gold**. She's enchanting. We are 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 a series of posts. 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 went into public relations, thinking I would climb the corporate ladder and make lots of money. At age 24, shortly after graduating, I was diagnosed with breast cancer. This completely changed the trajectory of my life. I decided that no matter how much longer I had to live, I would do something that gave meaning to my life. While I had been playing violin since I was 6 years old, I never considered that I could make a living at it. And so after I finished my chemotherapy, I 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/videographer.

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 fuel my body 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?



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 most part, I came after watching several documentaries about food. I also regularly attend 10-day silent meditations (and the food there is primarily vegan). I tend to feel better and more clean when I eat vegan and for the most part, I've stuck to it. The hardest thing for me to give up was cheese but I have found some great alternatives. And I no longer even want real cheese.


Did you play sports as a kid and did you have an influential coach or experience that 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 to play. I was studying with her when I was diagnosed with breast cancer. She was a huge influence on me — While going through chemo I remember her saying, "What do you really want out of your life?" I said something along the lines of "I would love to be a musician if that was possible." She responded by saying, "You create your own life. You don't have to follow a path that everyone else does. Create your own." Her saying that to me gave me the courage and realization I needed to drop my limiting beliefs of "it's too hard to make it as a musician" and really go for it.

More to come from Asha’s interview. Until then ... grab a look at this [2016 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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Asha Mevlana

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