



**MINDFULNESS
ON TOUR**

with **Trina**

MINDFUL COACHING, YOGA, BREATHWORK, & MEDITATION ON TOUR

Trina provides one-on-one support to elevate the personal experience for key touring talent.

Watch stress dissipate as Trina guides tour personnel to an untapped reservoir of calm within.



CHOOSE YOUR METHOD

You can book time on my calendar for sessions

- in person
- virtual
- hybrid in person & virtual

I provide mindfulness support in 4 primary ways

- post-show yoga & meditation
- daily breathwork
- morning practice
- mindful coaching

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POST-SHOW YOGA & MEDITATION

Step 1: Process the energy from the room out of the system after a show.

We establish a ritual of mindful yoga followed by a guided meditation after every show. I systematically guide you into a mind-body connection so you can

- feel grounded
- process emotions from and thoughts about the show

I guide you into a state of peaceful bliss.

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DAILY BREATHWORK

Step 2: Daily Breathwork

Breathwork is a fast tool to process out stress and create clarity in the mind.

Most people are breathing incorrectly. I teach you HOW to breathe and then we practice a breathing technique to music. Depending on the technique, you can find an ecstatic state or a deep calm while simply breathing. You'll feel more connected to yourself after a breathwork session.

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MORNING PRACTICE

Step 3: Morning Practice

When you first wake up, there's a quality to the content of the mind that you don't get any other time of day. We establish your goals for the next phase of your life and craft a practice to support those goals.

What are you trying to create next? The morning practice will directly impact the creative process.

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MINDFUL COACHING

Step 4: Learn a Spiritual Discipline

The system I teach is a metaphor for life. You get to observe yourself to see a deeper meaning – you learn more of why you do the things you do. You practice to uncover parts of yourself that are hidden. We learn what's holding you back.

I help you establish a spiritual practice that will support you for the rest of your life.

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HOW TO WORK WITH ME

- Email trina@treenuh.com to set up a Zoom – let's first see if we connect.
- I learn what you're currently going through and how you want to *feel* on tour.
- We investigate your patterns of stress.
- We look to the future – what are you creating next?
- If you decide to move forward, I work with your tour manager to craft the schedule of sessions in person, virtually, or both – all within your budget.

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WISDOM
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wisdomisfun.com