

# WISDOM COACHING, YOGA, BREATHWORK, & MEDITATION ON TOUR

My name is Trina and I provide white-glove one-on-one support to elevate the *personal experience* for key touring talent.

Watch stress dissipate as I guide you to an untapped *reservoir of calm* within.



# WHAT MAKES ME DIFFERENT?

- I'm authentic, insightful, smart, and wise
- I make the inward journey fun
- I'm very spiritual but very grounded
- My intuition is my superpower
- I teach from my heart

MINDFULNESS  
ON TOUR

with *Trina*

# 5 PILLARS OF SUPPORT

Lean on me for support in 5 primary ways

- pre-show centering
- post-show grounding
- daily processing
- morning intention
- coaching

MINDFULNESS  
ON TOUR

*with Trina*

# CHOOSE YOUR OWN ADVENTURE

- on tour for all dates (available Q3 2024)
- on call for all dates
- in person select dates (limited availability 2023)
- virtual appointments
- hybrid in person & virtual





# PRE-SHOW CENTERING

Clear your mind and center your being before performing.

Some days this will be a 5min meditation and some days you'll need a little more to get out of your head and into your body.

As a performing artist, you become a conduit of energy so this process ensures you'll feel free on stage.

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# POST-SHOW GROUNDING

You just soared through the ether on stage and now you need to coast back into your life.

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.

You'll sleep like a baby.

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# DAILY PROCESSING

No need to carry excess energy with you – we will use breathwork to process out stress and emotions to leave you feeling open, free, and connected.

I teach you a specific technique from a yogic practice called Pranayama that will create a state of clarity and calm.

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# MORNING INTENTION

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.





# COACHING

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.



# HOW TO WORK WITH ME

- Email [trina@treenuh.com](mailto:trina@treenuh.com)
- Set up a Zoom or in-person – 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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