



TIPPING POINT

ARTIST WELLNESS

SERVICES

The bus doesn't have to mean Cheetos™ and Bud Light. With a simple sign-up, now your bus can be stocked with smarter, healthier options from the moment you hop on each week. We'll work with you and your crew to find the perfect mix to cover everything from breakfast to snacks to after-show food so you can keep the pizza and burgers to a minimum. We even throw in a NutriBullet so you can make fresh juices, smoothies and whatever other creative stuff you want to try.

The road is a unique challenge and unless you've been in the music business, it's hard to understand just how tough it can be to find healthy options out there. In our 20+ years working with artists, we've learned that the best way (if not the only way, realistically) to have those healthy options is to take them with you. And with Stock The Bus, that's now as simple as saying, "Stock the bus, Lanny!"

Stock The Bus (Healthy Meal & Snack Planning and Delivery for the Touring Musician)

Buying Services: Work with client(s) to determine food and snack preferences, likes, dislikes, food allergies, food sensitivities, etc. Once these criteria have been determined we will shop for the appropriate items to Stock The Bus based on budget. Due to lack of adequate refrigeration and freezer space a larger percentage of the items will be non-perishable and fresh items that do not need refrigeration.

Each person traveling on the bus will be required to fill out a health form that will make us aware of likes, dislikes, medical issues, food allergies and sensitivities, beverage choices, etc.

All information will be reviewed via phone or Skype session in order to make best use of time. In person meetings available upon request.

Cost: \$350 + Cost of Food + Miscellaneous Items (for up to two weeks of food not to include full meals)

Special Offer: Sign up for 8 Buying Services and get the 9th free (not including cost of food). Stock The Bus services contract for entire tour at greater discount.

Have Coach Will Travel: Same as Buying Services but includes my services as a Travel Wellness Coach to work one on one with the client(s) on the road during the tour period. Additional service may include but not limited to lite cooking, juicing, Nutrition counseling, workout guidance, lifestyle counseling, mentoring, on the road buying (keeping the bus stocked), etc.

Cost: \$500/day + Cost of Food + Miscellaneous Items

Recommended Hardware & Gear

This is where I will list several options for portable refrigerators/freezers for those traveling in vans or those who might want additional storage on the bus. There are a number of good choices.

Travel Coolers & Nutri Bullet System available. Rental fees apply.

The NEST

.....a secluded and private wellness retreat in the heart of Nashville

The Nest is a one bedroom, full bath, pet friendly, Home-Stay Suite located at Casa de Halcyon in vibrant 12South neighborhood, Nashville. This suite is a safe and healthy environment where you can focus on Career, Relationships, Spirituality, Physical Activity and Nutrition while working on your next important career project. Your creative process will be enhanced with our custom designed, programmable Philips Hue light therapy package, an inspiration garden, beautiful landscaping with huge fire pit, patio and outside lounge area. In addition portable in-house recording gear is available for demo use with prior arrangements. Cable and hi-speed wifi are included. Below are the various Nest Packages for your review.

NEST LEVEL 1 - Total Immersion: If you do not have a Health and Lifestyle program in place this is The Nest level for you. While you are working on your next project, whether it is writing for a new CD, writing a new book or screen play or you just want to start a health and wellness program, we will work with you to build a program that is designed especially for you..... based on our method of Bio-Individuality. All meals are provided. This experience offers healthy organic meals (based on your dietary preference), juicing, detox, flora rehabilitation, aroma therapy, high tea and more. Ala carte services available upon request. See list below.

Cost:

\$2,500/week

\$50/day for second occupant (includes meals only)



Daily or Weekly cleaning services available at no additional cost

Refundable Pet Deposit: \$250

(14 day minimum. 21 days recommended. Maximum 2 occupants. Above 14 days weeks will be prorated.)

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NEST LEVEL 2 - Health and Lifestyle Maintenance: This Nest Level is for those who already have a health and wellness program in place and want to maintain or enhance that program while working on their project. 2 healthy organic meals daily, juicing, high tea are all part of this plan and based on your dietary preferences. Ala carte services available upon request. See list below.

Cost:

\$1,750/week or \$275/day

\$50/day for second occupant (includes meals only)

Weekly cleaning services and on site washer/dryer available at no additional cost

Refundable Pet Deposit: \$250

(2 day minimum. Maximum 2 occupants)

NEST LEVEL 3 - In-Home Stay Suite Only: If you are not interested in any health and wellness program while working on your project or you just want to enjoy the sights and sounds of Nashville this is The Nest level for you. Healthy, organic continental breakfast included. Ala carte services available upon request. See below.

Cost:

\$195/day

No Charge for second occupant

Daily or Weekly cleaning and laundry services available at additional cost

Refundable Pet Deposit: \$250

(2 day minimum. Maximum 2 occupants)

Ala Carte Services

For additional holistic services we have provided a list of trusted preferred service providers. Our team consists of highly trained professionals in the field of counseling, yoga, energy healing, massage, Reiki therapy, physical training, all available for site visits with advance notice. Costs vary and are not included in the base fee In-Home Suite stay.

Support Workshops

Road Trip (Weekend On Tour)

Additional Support Sessions

Shopping Trips..... How to shop smart

Massage Therapy

Reiki Therapy

Energy Healing

Clinical Nutritionist

Tour and Travel Health Kits

Herbal and Homeopathic Healing

Eating Disorder Counseling

Private Chef

Acupuncture

Yoga

Aerobic and Strength Training

Rebounding Classes