

Drop your mind and listen to your heart!

EVELINA NILSSON - SKIER

Evelina is a free-spirited skier with big dreams for the future. She is eager to travel the world in pursuit of game-changing ski adventures, new friendships and the creative and spiritual fulfillment she craves.

Growing up in Luleå in the north of Sweden, and later moving to the ski resort of Åre, she has been hooked on outdoor adventures since her early childhood.

When exactly did you start skiing?

I started skiing when I was three years old. Before that my dad had me on his back in a pack. My mom and dad always brought me and my three siblings out on adventures. Camping, picking berries in the forest and skiing.



What is important if you want to be a successful freeskiier? Talent? Courage? Craziiness?

The most important thing in everything we do is to follow our heart and inspiration. Having faith and believing in ourselves. Being open and knowing that we will sometimes fall but that is part of the journey. Just get back on that horse and keep skiing. Keep believing. Keep dreaming. Anything is possible.

What are your current projects or better to say adventures?

This year has been a crazy intense winter so far. It's been full on since January. The most exciting project that will be released this fall was my adventure to ski in the middle east, Israel and Lebanon. I went there with my ski friend Janina Kuzma and filmer Colleen Genteman. In society today we've been hammered by preconceived thoughts and concepts through media and growing up, in such an extent that we sometimes believe these stories to be true. Going there I got to see for myself what I've felt in my heart to be true, humans are humans everywhere. And we are all one and the same. Separation is something we have created in our minds. Drop your mind and listen to your heart.

What is your favourite country – so far and why?

Tough question! There are so many beautiful places on earth and I have been lucky to have seen a lot of them. I believe that every country is unique and has its special touch. In that sense it is so hard to compare. That's why I really don't want to. For me it's just that some countries resonates more with me, I believe it's a combination of the vibe of the people you meet and your own balance at the time. I love Sweden, Norway, Iceland, New Zealand, Canada, Puerto Rico, Slovenia, Portugal and the list goes on. I love them because of their pure beauty. But as we all know also, Home is where your heart is and it's really about where you are at within.

When do you usually drink our coco & why can you recommend it?

I use coco for my every morning smoothie and then when I get back from skiing I drink it to hydrate my body and let my cells dance with joy. For me coco is the most excellent hydration drink and my body feels so much more balanced and strong. I recommend it because it keeps my cells thriving and also it's a great taste. ;-)



What is your life motto?

Anything is possible. The force is strong in you.