

Now Listen to Bliss

Yoga diva dishes about hip living on and off the mat

Fitness Luddites who still think of yogis as tie-dye-wearing hippies haven't met Kimberly Wilson. At her Tranquil Space studios in Dupont Circle and Bethesda, Wilson teaches in rooms with sponge-painted walls, often dressed in a pretty top and gauchos from her line of yoga wear. Wilson believes that leading a blissful life can also be stylish and fun. This "Sex and the City"-goes-serene credo stars in her book, "Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat" (\$15, Inner Ocean). Express' Jennifer Barger chatted with her between asanas.

So you think doing the tree pose and sipping cosmos aren't at odds?

Being a yogi and having a fun evening out dancing don't have to be mutually exclusive. The book is about being true to yoga ideas, yet living in the modern girl world.

How do you do that?

I try to apply yoga ideals — moderation, truth — to things like managing your money and what to wear.

Why do yoga clothes also work on the street?

They're comfortable, and you can move in them. They combine well with other things: I add a necklace and heels for a night out.



Kimberly Wilson writes about applying yoga principles to a modern woman's life.

In the book, you claim that people can transform both their bodies and lives with yoga. How?

They blossom because of inner reflection, which makes them more willing to take risks. They get confident and joyful.

Why do you think Tranquil Space has taken off like it has?

Some teachers are dogmatic, but we try to constantly affirm people. I wanted them to feel cocooned.

What's your fave place to do yoga besides your studio?

My living room, because I can cre-

ate the ambience. I'll light a candle, get the incense going. Outdoors is lovely, but there can be things to deal with like mosquitoes and construction.

What's your favorite yoga pose?

Down dog, because it opens up so much of the body. I love having my hamstrings and calves stretched.

Any advice for hip, tranquil dudes?

They can follow the principles in the book, except maybe wearing leggings. They should infuse their lives with doses of tranquility. Sip a cappuccino, go to a gallery! It's all about adding downtime and fun.



