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*"Kimberly Wilson manages to take the esoteric and sometimes hard to understand language of yoga and translate it to the modern day woman. By connecting yoga practice with daily issues, she manages to tackle one of the toughest issues women face today—taking care of themselves." —Melissa B. Williams, Editor in Chief, **Healing Lifestyles & Spas***

Find Out How Yoga Can Unravel Your Everyday Dilemmas— from Home, Style, Relationships, Money, and More

Yoga not only improves your physical and spiritual well-being; it can also be a catalyst to a mindfully extravagant life. In ***Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat***, DC yoga goddess Kimberly Wilson takes yoga beyond the asanas and into modern life—from career and relationships to finance and style.

- ◆ Are you stuck in a dead end job while you dream of starting your own business? Practice the yogic tradition of *asteya*. Do not steal from yourself by misusing your time or resources through participation in activities that don't guide you toward your dreams.
- ◆ When you're on deadline or running late for a date, use quick tranquil fixes like three-part yogic breath or opening your shoulders to turn chaos into calm.
- ◆ Want to hit the town after yoga class? Set your soulful style for night and day around your basic yoga look.
- ◆ Is your pad feeling a little cluttered? Practice the yogic principle of *tapas* with tips on weeding out your wardrobe, as well as the rest of your home to create a soulful surrounding.
- ◆ Looking for a networking opportunity? Throw a karma party and raise awareness of issues in your community while making conscious connections.

Despite 30,000 yoga-related products, there is a missing connection between a woman's yoga practice and how it authentically connects with modern life. ***Hip Tranquil Chick*** connects the dots to reveal the strategies for a chic, conscious, and tranquil lifestyle not only at the yoga studio but all over town.

About Kimberly Wilson

Applying the practices in *Hip Tranquil Chick*, Kimberly Wilson founded Tranquil Space Yoga Studio, which was voted the "Best Yoga Studio" by the *Washington Post* in 2005. Kimberly has been featured in numerous publications including *Healing Lifestyles and Spas*, *The Washington Post*, *Yoga Journal*, and *Fit Yoga* and her clothing line, TranquiliT, has been featured in *Lucky* and *Shape*. Kimberly frequently conducts creativity workshops and offers her savvy advice through her weekly podcast and blog. She lives in a cozy raspberry and leopard-print embellished flat in Washington DC's Dupont Circle.

Thank you for your time. If you wish to set up an interview with Kimberly, request an excerpt, or to find out more information, please don't hesitate to contact me.

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Lead a Mindfully Extravagant Life

Whether you are rolling out your mat for the first time or a seasoned yogini, **Hip Tranquil Chick** is a must-have guide for the modern girl. Packed with tips, tools, how-tos, and inspiration for a passion-filled, yet truly tranquil life, this book offers twelve strategies to lead a chic and conscious lifestyle not only on the yoga mat, but all over town:

- Learn yoga sequences for everyday dilemmas
- Infuse your life with doses of creativity
- Consciously carve your career path
- Develop financial finesse
- Design soulful surroundings
- Exude your signature style
- Create community with savvy soirees
- Expand your global mindset
- and more!

"Hip Tranquil Chick allows the reader to contemplate the ancient art of yoga with a thoroughly modern and playful attitude."

—Rita Trieger, Editor-in-Chief, *Fit Yoga Magazine*

"This is the definitive girl's guide to being in shape, having style, and living a meaningful life all at once!"

—Cyndi Lee, Founder, OM yoga



KIMBERLY WILSON is a teacher, designer, writer, activist, and entrepreneur. She founded Tranquil Space, voted "DC's Best Yoga Studio." Her work has been featured in *Fit Yoga*, *Daily Candy*, *Lucky*, and *Shape*. She lives in Washington, DC. Visit her at www.hiptranquilchick.com.

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WILSON

Hip Tranquil Chick

A Guide to Life On and Off the Yoga Mat



Hip Tranquil Chick

A Guide to Life
On and Off
the Yoga Mat



By KIMBERLY WILSON

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Introduction

What lies before us and what lies behind us is
nothing compared to what lies within us.

—RALPH WALDO EMERSON



Tranquil Space began not quite a decade ago in my one-bedroom apartment on the outskirts of an artsy Dupont Circle neighborhood. There was little to no yoga to be found in Washington, D.C. It was an edgy thing to do, not receiving the interest or respect it now commands. I was working as a paralegal, reading *The Artist's Way*, and seeking a more creative way of life, longing for kindred spirits, and hoping that they existed in D.C.... but how to find them?

With visions of special strangers huddled around my fireplace, drinking tea, doing yoga, and connecting, I began hanging fliers around Dupont. This was a BIG step, I realize now, but it felt so natural at the time. Inviting strangers into one's living room is not a habit I recom-

mend, but my faith in the practice of yoga and my desire for community demanded it. Surprises continued to come my way: the joy of brewing a homemade batch of chai for every class, the excitement of watching students' eyes light up when they truly felt a pose, the pleasure yoga was bringing to people who met through class, the love with which I approached the business. With a psychology degree and no clue about business, I began with a focus on the special details: ribbons wrapped around inspirational quotes that greeted the students on their mats, aromatic candles, a blazing fire to welcome students, chai served in porcelain teacups, homemade business cards and brochures. I loved putting time into making people feel nurtured. I wanted students to walk into class and feel

welcomed and accepted, not judged. I especially wanted women to find a safe space to work with their bodies, develop a sense of empowerment, and realize the importance of taking steps toward their idealized life. Thus Tranquil Space began.

We have grown beyond my wildest dreams. I am constantly amazed by the sacred souls I've met, which would never have happened had I not hung up that first neighborhood flier. The reason I started the studio has been an important reflection of mine since the very first class. With the weaving together of trunk shows, vibrant studio décor, lifestyle-focused “off the mat” workshops, TranquilT clothing collection, various charities, and my writing, I love seeing the evolution of my vision to offer more tranquility into the lives of others, particularly women.

I truly believe that yoga for the sake of yoga is powerful, but not as powerful as sprinkling it throughout one's lifestyle. Yoga serves as my catalyst, my core, that place I turn to when my world is spinning. I was drawn to it for the healing powers that it provided mentally and physically. How extraordinary to actually spend time connecting to the body, surrendering the mind, pushing the edges of comfort, while also honoring limitations!

How many of us say, “Oh, I'd love to do such and such, but now just isn't the right time”? NOW is the time to begin taking steps to create what you desire. Life is lived by stepping strategically outside one's comfort zone to head in the direction of one's dreams. This direction is not without mistakes, drama, or sometimes failure, but it is filled with authenticity because you are DOING, in addition to dreaming.

The Hip Tranquil Chick

Yoga is a lifestyle—full of mean rebs, par-amours, and deep twists. Hip tranquil chickness is a movement to live in a way that shines. After all, that is why we are here: to shine as brightly and boldly as possible. The mission of a hip tranquil chick is to incorporate hipness and tranquility into all aspects of life.

Hip = your external presentation: fun, fashion, frivolity.

Tranquil = your internal world: the savvy substance behind the style.

Chick = your energy: *joie de vivre*.

The hip tranquil chick is a swanky girl-on-the-go looking for some tranquility along the way. She juggles a busy life with grace, lives her practice, makes time for thoughtful gestures, gives of her resources, lights up a room with her presence. She embodies a passion for life. She lives in a mindful, conscientious manner that helps spread true tranquility. She is the girl we aspire to be.

How to Use this Book

Hip Tranquil Chick is divided into “on the mat” and “off the mat” sections. “On the mat” explains yoga philosophy with examples of modern girl scenarios where these principles can be applied, and explains the styles and benefits of yoga. This section also offers seven yoga sequences to help the modern diva cope, such as “Breathe Your Way to Tranquility” and “Energizing Sun Salutes.” Instructions are geared to the most basic

beginner. No yoga experience is necessary, only yoga curiosity. The “on the mat” section helps grow your understanding of yoga and its relevance to leading a full life, and shares ways to use yoga to transform a hurried, imbalanced lifestyle.

“Off the mat” explores nine ways to become more fabulously composed through taking yoga concepts, such as introspection, strength, and flexibility, into daily life. These lifestyle chapters are divided into Inner Chic, Outer Chic, and Combo Chic and reveal which fashion must-haves turn your on-the-mat wear into on-the-town style, how you can curb retail-therapy debt, how strategic soirée throwing creates community, and how you can practice social consciousness. This section addresses many modern girl situations and offers inspiring ways to live your dreams by taking small steps, asking yourself the right questions, and creating your own reality.

Each chapter ends with “Savvy Sources” to read, listen, or visit, along with supportive “Omwork” to help you explore the concepts further. This book is a tool for bringing tranquility into the various chapters of your life. Read the book from the very beginning or choose the chapters that you’re most drawn to and dive in.

Think of *Hip Tranquil Chick* as the modern girl’s bible to living life with a fusion of fashion, passion, and consciousness. Relish the notion that you are growing when you step onto the mat and out your front door each day. Honor the intentions and dedications that you create. Begin each day with the one-pointed focus we seek in yoga, and end each day in gratitude. Explore your unlimited

potential—the first step to embodying yoga as a lifestyle. Let your practice be as unique as you are. Embrace the teachings, hold on to what resonates with you, and continue to live your life one pose at a time. Namaste.

About the Author



Kimberly Wilson has a master's degree in women's studies and is a self-diagnosed bibliophile whose heart begins to race when she steps a kitten heel into any bookstore. Her creation of Tranquil Space yoga and TranquiliT luxe lifestyle wear—along with her charity-focused soirées and midwest charm—have been featured in numerous media outlets, including *Martha Stewart Living Radio*, *DailyCandy*, *Lucky*, and the *Washington Post*. She lives in a cozy raspberry and leopard-print-embellished condo in D.C.'s artsy Dupont Circle with Louis the pug and two felines named after French impressionists. Kimberly enjoys musing in her blog and podcast.

Join the hip tranquil chick movement at hiptranquilchick.com.



Amy Mullarkey