

NEW YORK'S MAGAZINE FOR YOGA AWARENESS'S

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Feb-Mar 2007

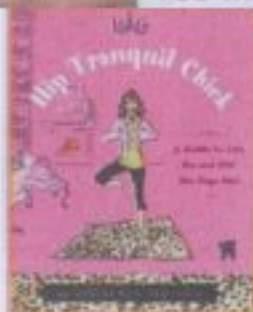
## Hip Tranquil Chick A Guide To Life On And Off The Yoga Mat

Kimberly Wilson

Inner Ocean Publishing

176 pages, \$16.95

Kimberly Wilson's new book, *Hip Tranquil Chick* slyly offers more than a dozen strategies for creating a chic and conscious life on and off the yoga mat. Blending yoga philosophy in modern-girl terms, must-have yoga sequences and tips for applying introspection, strength, and flexibility to home, relationships, style, money, and a passion-filled career, this essential for every yogi's bookshelf demonstrates with "a-ha!" moments on every page that its aim is true. "Hip Tranquil Chick allows the reader to contemplate the ancient art of yoga with a thoroughly modern and playful attitude," according to *Fit Yoga* magazine editor, Rita Trieger.



Wilson's charming and engaging manner inspires readers to envision regular

yoga practice as a dive-right-in adventure rather than a daily obligation. Her passion is apparent and her obvious delight in her own personal practice is at the heart of the book. Each chapter ends with suggestions and guidance for additional resources, including recommended books, websites, CDs and other authors.

*Hip Tranquil Chick* has inspired a movement of savvy women coast-to-coast to identify their passions and integrate their lifestyle with principled aims. Says Cyndi Lee, founder of OM Yoga, "This is the definitive girls' guide to being in shape, having style, and living a meaningful life all at once!" The book includes approaches to creating meaning, suggestions for journaling, and Wilson's perspective on her journey.

For all those who need advice, validation, compassion, or even just a smile, this is a must read.

Wilson is the owner of Washington DC yoga haven, Tranquil Space, and designs an eco-conscious clothing line, Tranquilit, while donating a percentage of her profits to local charities, women's shelters, and organizations that promote the arts, with the expressed goal of giving women the chance to work at their craft. [www.hiptranquilchick.com](http://www.hiptranquilchick.com).