

## **Q & A with Kimberly Wilson**

### **1. What prompted you to write *Hip Tranquil Chick: A Guide to Life on and off the Yoga Mat*?**

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! After having benefited from the power of yoga while living and sharing the practice for almost a decade, I wanted to write a guidebook that would help others explore and fulfill their dreams.

### **2. You run a successful yoga studio, have your own clothing line, teach yoga classes and workshops, in addition to being a writer, a speaker, and the host of the Hip Tranquil Chick podcast. How do you find the time to be tranquil?**

Great question. I ask myself this everyday, "How can I find a little tranquility today?" With a focus on priorities and a balance of creative passion, I carve out my day as strategically as possible. I am sure to schedule my yoga practice time, along with down time and self-care. I will treat it as a standing appointment or meeting. To ensure quality time with my beau, we schedule date days months in advance and weekly date nights. This same amount of planning applies to time with girlfriends, too. Unfortunately my schedule doesn't allow for much spontaneity, but I schedule as much tranquility as possible and try to take Sundays off to recharge.

### **3. Explain the "Hip Tranquil Chick" lifestyle?**

A hip tranquil chick is a woman who weaves her practice of yoga and love of all things fabulous into a hip and tranquil lifestyle. She juggles a busy life with grace, lives her practice, makes times for thoughtful gestures, gives of her resources, lights up a room with her presence. By embodying a passion for life, she lives in a mindful, conscientious manner that helps spread true tranquility. A mindfully extravagant hip tranquil chick lifestyle is filled with the luxuries of life, such as bubble baths, soy chai lattes, and flakey croissants, coupled with socially conscious actions, such as volunteering, giving back to the community, and being intentional in your yoga practice.

**4. Yoga is loved by many for its physical and spiritual practice, but how can yoga help us in other areas of our lives such as relationships and finance?**

Bringing a sense of mindfulness to everything that we do allows us the opportunity to practice yoga off the mat. For example, negotiating flex-time at the office or help at home with a partner can be assisted by embodying the warrior-like spirit that we bring to our standing poses. We weave yoga into our finances by approaching our buying with mindfulness, social consciousness, balance, and flexibility.

**5. How has the practice of yoga contributed to your success as an entrepreneur?**

My on-the-go mentality would leave very little down time if it weren't for my love of yoga. I would be way too much yang and very lacking in yin. The yoga has helped bring balance to my Type A ways by offering a healthy toolkit to rely upon. The yoga encourages a sense of introspection and reflection that allows me to recognize areas of growth and to stay true to myself. I seek to bring the concepts of yoga into my work with my staff, colleagues, and clients.

**6. So many women are working long hours and are juggling multiple responsibilities. What tranquility infusing tips can you offer the busy girl-on-the-go?**

Find an outlet for these long hours and multiple responsibilities. If life is all work and obligations, you are sure to come to a screeching, unpleasant halt and nothing is more discouraging than a depleted and stagnant spirit. I recommend the following tranquility-infusing practices: yoga, reading, hot baths, sipping herbal tea, sleeping in, staying in bed all day with a good book, organizing, browsing at a bookstore or art gallery, collage making, going on a retreat, journal writing, listening to jazz, flipping through magazines.

**7. As the creator of TranquiliT, a clothing line whose mission is to provide comfortable yet chic eco-friendly wear for women, what style advice can you offer to women who want to look hip and trendy, yet comfortable?**

Load up on accessories, always don a smile, and let your creativity shine through your signature style. Find signature pieces such as a long strand of pearls, black patent ballet flats, chandelier earrings, a bright pink bag or funky glasses. Invest in high quality wardrobe basics, play with a few trends per season, and remember black is the new black. Build your wardrobe with layers, find pieces that are versatile enough to work for night and day, and, when possible, buy organic or bamboo cotton from independent designers. For absolute comfort, ensure everything has stretch so that you're guaranteed a comfy, fabulous fit.

**8. For the newbie yogini, how would you suggest incorporating a yoga practice into your fitness routine? Is there a particular style of yoga that is better for beginners?**

Start small. Begin with a program catered to beginners so that you get the tools you need to get started. Incorporate 1-2 classes a week at the beginning and then, ideally, transition to a daily practice. All styles work well for various beginners. The best way to determine your fit is to assess your personality and preferences. It's important to visit a studio, chat with a teacher, and explore the community to see where you best fit.

**9. Why is being socially conscious such an important component of being a Hip Tranquil Chick?**

Otherwise the hip tranquil chick is just a cool chick who does yoga. By incorporating a sense of social consciousness, she is sure to make choices based on her values and realizes the importance of leaving a positive legacy. You can do this through volunteering, donating time and money, buying wisely, and starting a business. The options are limitless, the importance is doing small things daily that will ultimately make a big difference over time.

**10. From creativity circles to shopping parties, what are some of your suggestions on building community and fostering the creativity of other women?**

Surround yourself with creative people who support your creative dreams. Launch a learning circle where you bring in an expert to share various tools such as knitting, writing, or improv. Support your friends' creative endeavors, encourage them to play, and point out hidden talents that they may not see in themselves. Put together an event to highlight your girlfriends' creative outlets such as a trunk show, craft fair, or homemade food tasting.