

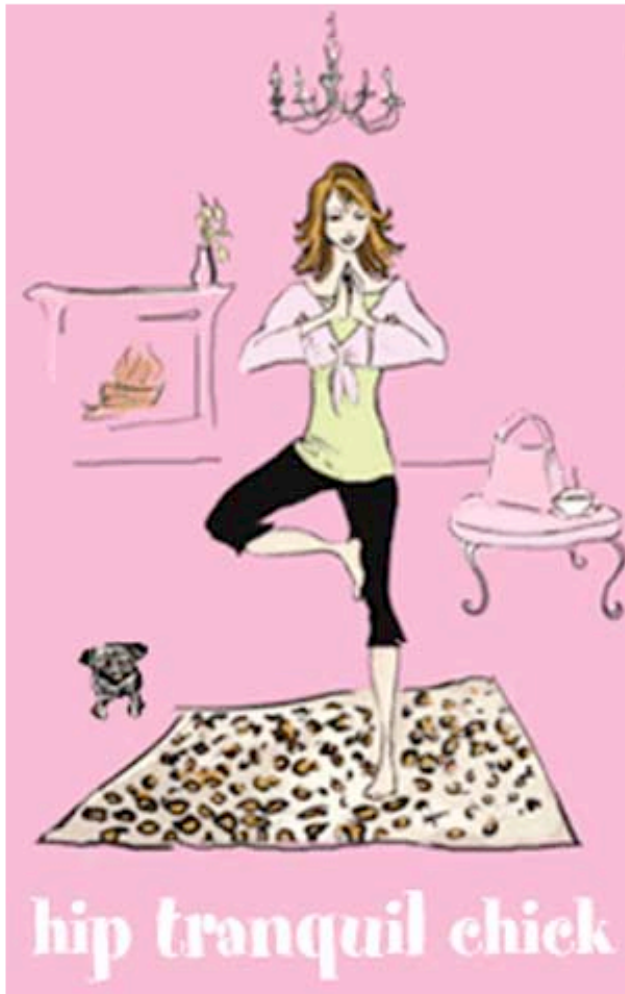
WASHINGTON, D.C.

STYLE

FOR YOU...YOUR HOME...YOUR LIFE

STYLEINDC

Hip Tranquil Chick



Relax. Take a deep breath, and feel each vertebra as you straighten your spine. Once standing, grab a "TranquiTini" and unwind. Kimberly Wilson, of Tranquil Space yoga in Dupont Circle, wants guests at the Nov. 16 [launch party](#) for her book *Hip Tranquil Chick* to do just that.

Wilson moved to the District 10 years ago for paralegal training at Georgetown University, but today uses yogic practices to help modern-day women take control of their mind and body.

"I truly believe that yoga for the sake of yoga is powerful, but not as powerful as sprinkling it throughout one's lifestyle," Wilson says. "Yoga serves as my catalyst, my core, that place I turn to when my world is spinning."

Not just another meditative yoga book, *Hip Tranquil Chick* is the perfect go-to guide, filled with creative suggestions like carrying a journal 24/7 to jot down memories and musings.

"[The book] offers suggestions for infusing your world with more mindfulness so that you can practice yoga off the mat," Wilson says.

Posted By: Dana Karlson

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