

YOGA

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shone through, as did her absolute faith in her practice. "I truly believe that yoga for the sake of yoga is powerful, but not as powerful as sprinkling it throughout one's lifestyle," she writes in the introduction to her book. "Yoga serves as my catalyst, my core, that place I turn to when my world is spinning."

It's no rarity anymore to see a businesswoman ascending a Metro escalator with a yoga mat slung alongside her tote bag. American yoga may have started as a fringe practice, but it has become largely mainstreamed by the urban bourgeois. Accordingly, only the faintest trace of "hippie" echoes in Wilson's version of "hip." Tranquil chicks might wear sweatshop-free cotton, but they could never be accused of crunchiness. To the contrary: Wilson elevates self-care to the realm of the sacred. "Schedule sipping herb tea, bathtub soaking, and journal writing," she advises in one chapter of her book, "and keep your lips hydrated at all times."

Wilson has no apologies for the conventionality embedded in her

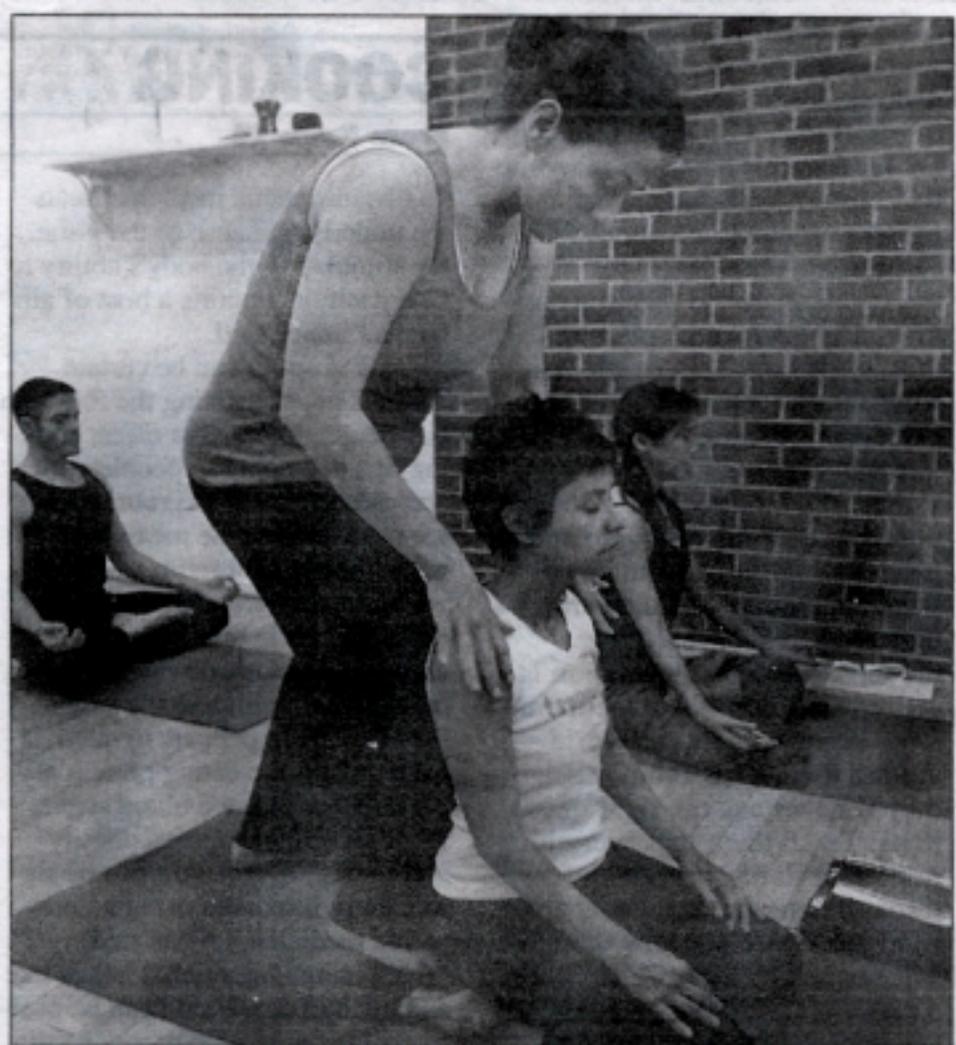
counsel. In writing and in life, she deftly navigates the line between serious and frivolous, red and pink. Words and phrases like "swanky" and "sweet pea" roll off her tongue as easily as "imperative" and "soul." As Wilson sees it, she has been instrumental in bringing D.C. up to speed on this new-age incarnation of the



modern woman.

"Ten years ago, there were practically no yoga studios in the area," she said. "Yoga was hot in New York and L.A., but D.C. is just so conservative. It was a real risk for a creative soul to give it a try."

Of course, Wilson's vision isn't expressly limited to women. Among the audience at Olsson's sat a gay couple, longtime supporters of Tranquil Space Yoga. At some point in her reading, Wilson glanced at them with a smile. "Boys can be tranquil chicks, too," she said, and sent a charismatic wink in their direction. "They just have to make it through the pink book."



Bill Petros/The Current

Kimberly Wilson, below, founded Tranquil Spaces yoga studio, above. She has recently written a book.