

THE LAWTON CONSTITUTION

'Mindfully extravagant'

A 'hip, tranquil chick' from Lawton offers her yoga guide to the universe

BY DANALINE MCPHAIL BRYANT STAFF WRITER DBRYANT@LAWTON-CONSTITUTION.COM

Lawton native Kimberly Wilson is a well-known yoga instructor and lifestyle guru in her adopted home of Washington, D.C. A designer, writer, activist and entrepreneur who describes herself as a "hip tranquil chick," Wilson has used the tenets of yoga to create "a mindfully extravagant life."

In her new book, "Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat," Wilson has written a how-to guide to help others adopt her unique vision of mindful, fun and stylish living.

In reviews, yoga and health experts have said the book teaches a way to use the ancient art of yoga that is meaningful and appealing to modern women.

Cyndi Lee, founder of OM Yoga, said the book proves that "hip doesn't mean snobby and tranquil doesn't mean boring. This is the definitive girls' guide to being in shape, having style and living a meaningful life all at once."

Melissa Williams, editor-in-chief of "Healing Lifestyles & Spas" magazine, said Wilson's book helps women deal with one of the toughest issues facing them today. "By connecting yoga practices to daily life, the book helps women take care of themselves," she said.

Not the usual chick;

not the usual yoga book

In a phone interview from the nation's capital, Wilson talked recently about her first book. Busy as always, she discussed the book, published in November by Inner Ocean Publishing, and other successes as she walked her dog, Louis, in the Dupont area of Washington, where her popular yoga studio, Tranquil Space, is located.

"The book is 12 chapters on living a mindful life for today's modern woman," Wilson said. "Three chapters are strictly yoga-related, and nine chapters are lifestyle-related. In it, I try to help people live mindfully extravagant lives. It's a way for people to embody yoga as a lifestyle."

Illustrated and packed with resources and tips on its wide-ranging content, "Hip Tranquil Chick" is not the usual yoga book.

The first section of the book focuses on yoga and shows ways to create "a passionate yoga practice." It teaches seven "sensational yoga sequences for the hip chick," as well as explaining yoga philosophy in what Wilson calls "modern girl lingo."

The second section of the book moves from the yoga mat and details Wilson's views for living in hip tranquility. This section features "Inner Chick," "Outer Chick" and "Combo Chic" information. Chapter titles in the Inner Chick section include "Visionary Value: Infuse your life with a value-led vision," "Self-Nurturing Survival: Discover the art of being selfish," and "Creative Connection: Nourish you inner artist."

Outer Chick chapters include: "Refined Relations: Sexy socializing and community culture," "Professional

Prosperity: Consciously carve your career path," and "Financial Finesse: Establish mindful money management."

In *Combo Chic*, the chapters are "Signature Style: Clothing and accessory must-haves for the yogini," "Soulful Surroundings: Design an oasis at home and work," and "Savvy Social Consciousness: Expand your global mindset."

Each chapter ends with "Omwork" — a "Savvy Sources" list of recommendations for further exploration of the chapter's content in books, magazines, Web sites and music, and a list of practical suggestions for concrete ways to explore Wilson's concepts.

In her introduction to the book, Wilson describes the essence of hip tranquility:

"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."

In her phone interview, Wilson said, though she talks about "modern girls" as living this lifestyle, she has adherents who range from 16-year-old girls to women in their 50s.

"In this book I try to help today's modern girl live a more passionate, mindful and conscious life," she said. "Living a mindful, conscious life doesn't mean you can't have fun and enjoy things like leopard skin chairs and flaky croissants. It's all about balance."

Wilson said she started Tranquil Space because she couldn't find a yoga studio that gave her everything she wanted, and she wrote the book for the same reason.

"I was looking for a book that would allow me to explore my practice of yoga and give ideas on life beyond the mat," she said. "I wanted one that would put those ideas into relationships, ways to be creative and style. It's been a three-year journey — one year working on the proposal and getting ideas, then getting an agent, then writing a sample chapter and getting a publisher. My dad was very helpful. I kid him that he learned how to be a hip tranquil chick, too."

Her parents, and other stuff in Wilson's life

Her parents are long-time Lawton residents Linda and Steve Wilson, who recently moved to an area town. Both are included in the book's acknowledgements section.

Currently, Wilson is appearing at various bookstores and other sites around the country to promote her book, and, as always, she continues to manage her various businesses and create new ones.

She designs a line of clothing, the *tranquiliT* collection, which she said is lifestyle wear that is "perfect for yoga and beyond" and is made in a sweatshop-free setting. As described by "The Washingtonian" magazine, the collection combines fashion and function and features flattering silhouettes, pretty pastels and soft fabrics that stretch with one's body.

Her aptly named "Hip Tranquil Ventures" offers business and lifestyle mentoring, yoga and creativity workshops and retreats, CDs, publications and other things. Its mission, as described in the book, is to bring "all things hip and tranquil into the limelight of the modern girl's bustling life."

"The business is going good," Wilson said. "The clothes line just got picked up by 'Daily Candy' (a Web site that features hot, new products). We're using lush, eco-friendly fabrics that are 95 percent bamboo and 5 percent spandex. The fabric is wonderful and so soft. The other business is my media. I've just produced another CD, 'Get Your Yoga On,' and it's on the seven yoga sequences for the hip chick."

With the publication of the book, Wilson also unveiled the Tranquil Space Foundation, a nonprofit organization that helps young girls find their inner voices through yoga, creativity and leadership.

"I've had great fun along the way," Wilson said. "A lot of times people think people associated with yoga

are not having a fun life, but you can be a strong person and do good things for others and the planet and still enjoy beautiful things. I wrote the book as an empowering, motivational guide for others seeking ways to combine tranquility with flair.'

The book is available at book stores, Amazon.com and at Wilson's Web site.



'Living a mindful, conscious life doesn't mean you can't have fun and enjoy things like leopard skin chairs and flaky croissants. It's all about balance.' KIMBERLY WILSON AUTHOR, "HIP TRANQUIL CHICK: A GUIDE TO LIFE ON AND OFF THE YOGA MAT"



PHOTOS COURTESY AMY MULLARKEY 'I've had great fun along the way,' says Kimberly Wilson, formerly of Lawton and now of Washington D.C., of her book 'Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat.' I wrote the book as an empowering, motivational guide for others seeking ways to combine tranquility with flair.'