

THE LAWTON CONSTITUTION

How to lead a yoga-driven life

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

Kimberly Wilson, who was born and raised in Lawton and is now a successful yoga instructor and business owner in Washington, D.C., says yoga not only improves your physical and spiritual well-being but also can be the catalyst for leading a “mindfully extravagant life.”

In her first book, “Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat,” Wilson takes yoga beyond the mat and adapts it for use in all areas of life, from career and relationships to finance and style. She knows her tips and advice will work because she’s used them as a basis for the many business ventures she has developed in the last decade. Her book is a readable, fun exploration of ways to connect the practice of yoga to the everyday issues of modern life.

Applying the practices explained in “Hip Tranquil Chick,” Wilson founded Tranquil Space yoga studio, which was voted the Best Yoga Studio by The Washington Post in 2005.

Wilson graduated from Eisenhower High School in 1991. She earned a bachelor’s degree in psychology from the University of Oklahoma and a master’s degree in women’s studies from George Washington University.

Wilson has been featured in many publications, including “Healing Lifestyles and Spas,” “Yoga Journal,” “Vogue” and “Fit Yoga.” Her clothing line, tranquiliT, has been featured in “Daily Candy,” “Shape” and “Lucky.” She also has created several yoga CDs, conducts retreats and creativity workshops and gives advice via her weekly podcast and blog.

Wilson says her hip tranquil lifestyle can help in all sorts of situations, and she gives the following examples:

n Are you stuck in a dead-end job while you dream of starting your own business? Practice the yogic tradition of “asteya.” Do not steal from yourself by misusing your time or resources through participation in activities that don’t guide you toward your dream.

n When you’re on deadline or running late for a date, use quick tranquil fixes like threepart yogic breath or opening your shoulders to turn chaos into calm.

n Want to hit the town after yoga class? Set your soulful style for night and day around your basic yoga look.

n Is your pad feeling a little cluttered? Practice the yogic principle of “tapas” (selfdiscipline) with tips on weeding out your wardrobe, as well as the rest of your home. n Looking for a networking opportunity? Throw a karma party and raise awareness of issues in your community while making conscious connections.

A Web site to visit

For more information, visit Wilson’s Web site at www.tranquilspace.com.