

Kimberly Wilson

Hip Tranquil Yoga Chick

A Guide to Life On & Off the Mat

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. Join the author of *Hip Tranquil Chick*, Kimberly Wilson, for a week spent exploring the mindfully extravagant lifestyle. Enjoy mingling with like-minded women, connecting with nature, and filling your body and mind with heaps of healthy habits.

To explore our hip and tranquil side, we discover must-have modern-girl yoga sequences, learn yoga philosophy in hip chick language, and connect with and celebrate our passions. We have playtime focused on meditation, setting flair-filled goals, journal writing, and infusing our life with creativity. To become even more balanced and fabulous, we learn to incorporate yogic qualities like introspection, strength, and flexibility into our daily life.

This retreat, appropriate for those at all levels of yoga experience, is a lovely investment in redefining our world, designing a sassy spiritual practice, and learning to infuse our busy life with tranquility.

Kimberly Wilson, MA, author of Hip Tranquil Chick, is a teacher, designer, speaker, activist, and entrepreneur with a master's degree in women's studies. She is founder of Tranquil Space Yoga in Washington, D.C., and the Tranquil Space Foundation, which assists young girls with finding their inner voice. Her yoga training ranges from Yin to Jivamukti, and she serves on the board of the Mid-Atlantic Yoga Association. kimberlywilson.com



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