



Author Kimberly Wilson Visits Moksha Yoga Studio In Wellington



Moksha instructor Danielle Cooper and owner Cora Rosen try on clothes from Kimberly Wilson's TranquilT collection.

Candace Marchsteiner 27.JUN.08

As thunder rumbled to the south on Sunday, balmy breezes swept peacefully over the stretching patrons at Wellington's Moksha Yoga Studio. They were gathered for a daylong workshop featuring guest instructor and author Kimberly Wilson of Washington, D.C.

Studio owner Cora Rosen invited Wilson for the workshop so regular members and newcomers could experience "a different style of teaching," and described Wilson as "inspiring." Rosen and 11 other instructors teach a variety of yoga classes ranging from meditative to strength training to cardio workouts at the Moksha Yoga Studio in the Wellington Business Center. "A lot of people come

for the physical aspect and then continue coming for the mental refreshment," Rosen said.

Member Bonnie Finley of Wellington is one such person. "I actually came to this because I was going through a stressful situation a few months ago, and it has totally changed my life," she said. "Now my reactions to stress are different. I'm a little more open, a little more patient, and I'm a little better to myself."

The special event concluded with a book signing, tea and trunk show. The trunk show included specially discounted items from Wilson's TranquilT clothing collection made of eco-friendly fabrics such as bamboo, soy and organic cotton.

Wilson said that through her book *Hip Tranquil Chick: A Guide to Life on and off the Yoga Mat* she hopes to help everyone "in this crazy Blackberry society to have a little peace within and also to realize you can have fun with it."

Wilson told the *Town-Crier* she strives for a fulfilling balance of the worldly and the spiritual.

"You can be of the world but more mindful with how you spend your money, time, energy, etc.," she said. "Live a mindfully extravagant life — playful but in touch with reality and the bigger picture, the bigger things in life."

Moksha Yoga Studio offers two to three classes daily, seven days a week. The first visit for local residents is free. A two-month trial membership with unlimited sessions costs \$100. The studio's next special event is slated for Sunday, July 27 from 4 to 6 p.m. and features aromatherapy and Thai massage. The second part of an ongoing Restore and Renew series, the session is limited to 16 people and costs \$50. Each session in the Restore and Renew series is different.