



HIP TRANQUIL CHICK: A Guide to Life On and Off the Yoga Mat

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In the Summer 2008 issue of *The Trident*, we highlighted the blog of Kimberly Wilson, *Oklahoma*, whose yoga studio, Tranquil Space, was recently recognized as one of the top 25 yoga studios in the world by *travel + leisure* magazine. She also has an acclaimed book to her credit. Meant to inspire women everywhere to embrace a mindfully extravagant life on and off the yoga mat, “Hip Tranquil Chick” offers chapters on yoga philosophy as it applies to modern life. Kimberly’s next book, “Tranquilista,” will be published in late 2009. ▲

