



kimberly wilson

a menu for
scheduling
tranquility to go



The author of *Hip Tranquil Chick*
and founder of Tranquil Space Yoga.



bonjour!

I took my first yoga class a decade ago and was immediately smitten. The concentration on breath, the encouragement to listen to my body, and the powerful poses lured me into this ancient practice. Leading a mindfully extravagant lifestyle that begins on the yoga mat and spills over to a passion-infused lifestyle is close to my heart. My teaching connects the physical practice of yoga to the inward journey of exploring yoga further by tuning into passions, dreams, and creativity.

If you are looking for a guest teacher or speaker who is passionate about sharing the yoga lifestyle—on and off the mat—in inspirational and creative ways, please use this toolkit as a step-by-step guide for hosting “Tranquility to Go” with flair.

who is kimberly wilson?

Kimberly is a teacher, writer, artist, designer, activist, and entrepreneur with a Master’s in Women’s Studies. She is the founder of Tranquil Space Yoga in Washington, DC., voted “DC’s Best Yoga Studio.” Her book, *Hip Tranquil Chick*, explores how to live a mindfully extravagant life in a chic and conscious way. She designs the TranquiliT clothing collection to offer comfort and style using eco-friendly fabrics and has produced three yoga CDs. Her work has been featured in *Fit Yoga*, *Daily Candy*, *Lucky*, *Shape*, and *Yoga Journal*. Kimberly founded the Tranquil Space Foundation to assist young girls with finding their inner voice and enjoys serving on the board of the Mid-Atlantic Yoga Association. Learn more at www.kimberlywilson.com.

Live fully, seek serenity, laugh often, tread mindfully, savor simplicity, love passionately, think globally, exude creativity, treasure tranquility.

~ Kimberly Wilson

teacher • writer • artist • designer • activist • entrepreneur

To connect: events@kimberlywilson.com; To ring: 202.425.6311

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tranquility á la carte: entrées

Each of my workshops and speaking themes is a carefully chosen mix of inspiration and practice from which students of all levels walk away with a deeper connection to the yoga lifestyle. Listed below are a few of my favorites, along with recommended "yoga boosts" to assist you in mixing and matching the á la carte offerings. Weekend and one-day packages are available. Please note my recommendations for combining speaking, complimentary trunk shows and/or book signing teas to strengthen community connection and to maximize the fun!



illustration by morgan l. johnson

yoga boosts

- * Offer both Yin Yoga & Get Your Yoga On for the perfect Yin/Yang experience
- ** Offer both Hip Hips & Get Your Yoga On for the all-over adventure.
- *** Combine a Lifestyle and Yoga Option for a beautiful blend.

yoga workshops

Yin Yoga: The perfect slow and deep practice of holding floor poses for three to five minutes at a time. With an emphasis on the connective tissues of the hips, thighs, pelvis, and lower spine, it is the ideal compliment to the more muscular, or "yang," forms of yoga. Savor drawing your awareness away from your muscles and deeper into your bones to experience a strong sense of calm, opening, and tranquility. 2-3 hours*

Hip Hips: Enjoy a creatively flowing sequence that incorporates a passion for hip opening and exploring your favorite (or not so favorite) poses. This workshop allows you to connect within and awaken those oh-so-tight hips. End with meditation and breath work catered to calming the mind. 2-3 hours**

Get Your Yoga On: Celebrate the joy of yoga through delightful sequencing that focuses on breath, creativity, and movement. Savor this invigorating flow that covers you from head to toe, awakens the spirit, and takes you deeper internally. This journey is accompanied by groovy hip hop and electric chillout tunes. Best for late beginner to advanced students. 2-3 hours*

lifestyle workshops

Yoga & Creativity: Explore the interplay of your creative side on and off the yoga mat. I will lead you through a yoga sequence designed to get your creative juices flowing and then into an interactive discussion on living more creatively. Drawing from my work leading creativity circles over the past decade, we will explore creative tools to add more fun, consciousness, and flair into your daily life. 2-3 hours.***



Hip Tranquil Chick: Indulge with a discussion and practice catered to leading a mindfully extravagant life. Based on the concepts from my book, *Hip Tranquil Chick*, I will lead you through poses to nurture your spirit such as healing hip openers and energizing sun salutes. Sprinkled throughout the workshop are off the mat exercises such as finding balance, setting goals, and journal writing. You will leave feeling inspired and possess concrete action steps towards living mindfully. Bring a journal and pen for your off the mat practice. For women only. 3 hours.***

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desserts

After the workshops, I enjoy sharing hip and tranquil insights on living your yoga over tea and cookies—a tradition from my DC studio. Below are a few ideas for complimentary post-practice offerings to build community.

trunk shows

Featured in *Daily Candy*, *Fit Yoga*, and *Shape*, my TranquiliT clothing collection has received rave reviews. Made with eco-friendly fabrics such as bamboo, soy, and organic cotton, this versatile line transitions easily from workout wear to around the town flair. Your clients will enjoy a private sale and exclusive 15% off discount.

I can bring an assortment of the line to sell directly to your students or you are welcome to buy the line wholesale. *Hangers and display such as rolling rack needed.*

book signing tea

Savor all things tranquil with a brief reading and tea in celebration of my book, *Hip Tranquil Chick*. Sip on tea and savor cookies while mingling off the mat with fellow yogis. I will be available to sign books, offer yoga lifestyle tips, and mingle after the workshops.

I can bring books or you are welcome to buy them wholesale. *Books to sell, cookies, and tea needed.*

"Thank you for sharing your thoughtful, witty and extremely useful words of wisdom to our attendees last night. Your presentation was fabulous: well structured and authentic. You truly are the role model of which I spoke last night. The students gain so much by seeing you in action and getting to know how you manage your business and your life."

~ Susan, George Washington University



speaking

Explore taking yoga off the mat and into your daily routine with my lifestyle tips on tranquility, creativity, and flair. By sharing my journey I hope to inspire others to live life in a mindfully extravagant way and will share basic breath and bliss-producing yoga poses that can be done in a chair and while on-the-go. The benefits of living yoga on and off the mat will be delivered in an insightful and playful way, leaving the participants with tangible take-away tips on tranquility. I have spoken at the National Women's Business Conference, George Washington University, Ladies Who Launch Speaker Series, and more! To hear my latest musings, visit the hip tranquil chick podcast on iTunes or hiptranquilchick.com/blog.

make it a tranquil affair

One-day: 2 hours of Yin + 2 hours of Slow Flow or Hip Hips + free book signing tea/trunk show = 1 day of the full yin/yang experience

Weekend: 3 hours one day + 2 two-hour workshops the next day + speaking + free book signing tea/trunk show = a full weekend of tranquility

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Savvy scheduling

step 1

connect with us. Let us know you're interested by calling 202.425.6311 or e-mailing events@kimberlywilson.com. Propose some dates, times, and preferred workshop topics.

step 2

pencil it in. Once we decide on a tranquility á la carte offering(s), date, length of offering(s), and other logistics, we can sign an agreement and add the event to our calendars and websites.

step 3

promotion. Our office will gladly provide you with any promotional materials you need, including text, logos, and photos for your website. Studios are encouraged to carry Kimberly's book and CDs, and to announce the event in classes. Flyers can also be posted at local coffee shops and health food stores to help generate buzz outside of the studio.

step 4

curtains up. On the date(s) of the event, I'd love to have assistance with set-up and facility layout. Things like heating, lighting and stereo systems vary between facilities, so having someone available to help out is often necessary. Also, having someone available to check people in is very helpful. I will handle most other details.

As usual! I always find it amazing how you weave playful and challenging postures into a practice infused with such grace and fluidity! Your clothing line reflects this same playful, funky spirit along with a classic and comfortable style. Frankly, it was less like the typical workshop and more like a "girls day out." It was exactly what this busy girl needed and more! ~Peggy Mulqueen, Former Studio Owner



community corner

wrap yourself in good karma & connections. A Tranquility To Go event is a delightful way to grow your community by offering innovative on and off the yoga mat experiences. This journey can continue virtually at www.hiptranquilchick.com. With fresh yoga lifestyle ideas via my blog and podcast, I invite readers to explore their edge, find inspiration, and live life fully. The site also offers a forum for like-minded femmes across the globe to connect with one another while weaving their practice of yoga and love of all things fabulous into a mindful lifestyle. This is a perfect way for you to alert local hip tranquil chicks about your offerings and see your community grow.



A portion of all Tranquility to Go proceeds will benefit the Tranquil Space Foundation which assists young girls in finding their inner voice through yoga, creativity, and leadership. Learn more at tranquilspacefoundation.org

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tranquility-infused treats by kimberly wilson

My book, *Hip Tranquil Chick* (2006, Inner Ocean Publishing) slyly offers a dozen strategies for creating a chic and conscious life on and off the yoga mat. Blending yoga philosophy in modern-girl terms—must-have yoga sequences and tips for applying introspection to home, relationships, style, money, and career—this essential for every yogi’s bookshelf features “a-ha!” moments on every page. *Hip Tranquil Chick* has inspired a movement of savvy women coast-to-coast to identify their passions and integrate their lifestyle with principled aims. For all those who need advice, validation, compassion, or even just a smile, this is a must read. **\$16.95**



*“Kimberly Wilson’s Hip Tranquil Chick allows the reader to contemplate the ancient art of yoga with a thoroughly modern and playful attitude.”
~ Rita Trieger, Editor-in-chief, Fit Yoga Magazine*

“This is the definitive girls’ guide to being in shape, having style, and living a meaningful life all at once!” ~ Cyndi Lee, Founder, OM Yoga



The *Get Your Yoga On* CD has nine très chic tracks that serve as the perfect accompaniment to the *Hip Tranquil Chick* book. Listeners are gracefully guided through seven sensational yoga sequences that are sure to enrich their routine with a certain je ne sais quoi. Groovy and chill music by Amrita and pose illustrations help make this CD the perfect tranquility-invoker for the girl-on-the-go.

\$18.00



This beginner’s vinyasa yoga audio CD combines piano and trance music with encouraging instruction that guides the newbie yogi through a flowing practice of introductory yoga poses. Divided into separate tracks, the CD allows for three shorter practices of varying lengths, as well as the full 70-minute practice. The CD liner features photos of most poses to serve as a visual guide for the beginner yogi. **\$18.00**

to order

wholesale: For quantity orders of *Hip Tranquil Chick*, contact Inner Ocean Publishing at 866.731.2216 or sales@innerocean.com. Contact Hip Tranquil Ventures at 202.425.6311 or info@hiptranquilchick.com to place quantity orders of the CDs. To arrange wholesale purchases of the TranquiliT clothing line, contact wholesale@TranquiliT.com or call 202.270.2875.

individual orders: For a tranquil online shopping experience, visit TranquiliT.com.



Tran•quil•i•T n. 1.
Designs that stretch with your lifestyle and make you feel beautiful every day.
2. Clothing crafted with lots of love and made with eco-conscious fabrics in the USA. Our luxe lifestyle clothing collection is about ideas, the way we live, and what is it happening around us.
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