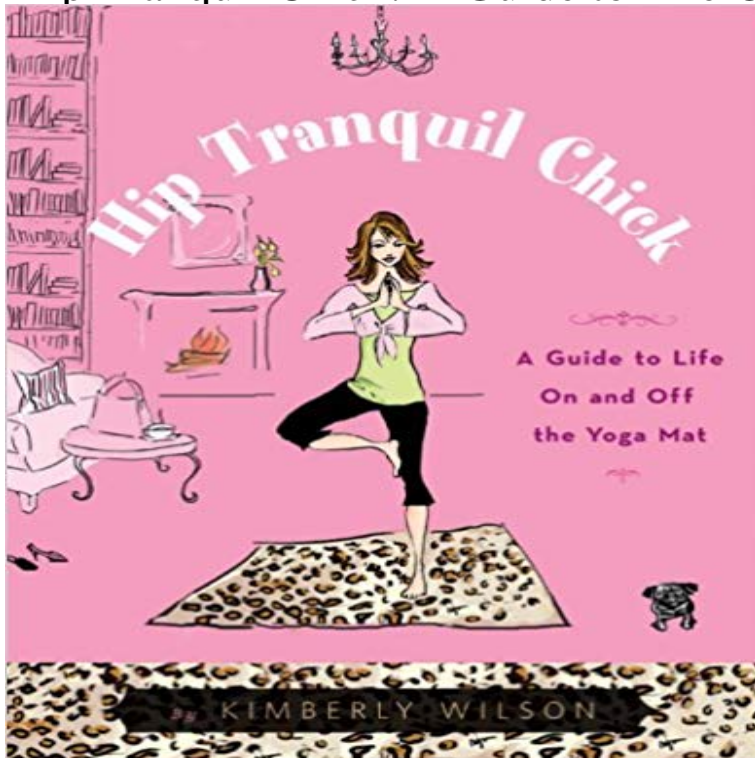


Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat



Hip Tranquil Chick addresses that huge but unacknowledged demographic of fashionistas equally at home at Bergdorfs and the yoga studio. The book is divided into two major sections that cover all bases for the style-minded seeker. On the Mat shares seven must-have modern-girl yoga sequences, such as Healing Hip Openers and Negativity Releasing Heart Openers, and explains yoga philosophy in hip chick language. Off the Mat showcases nine ways to become more fabulous and balanced by incorporating yogic qualities like introspection, strength, and flexibility into daily life. The nine lifestyle chapters reveal how to turn on-the-mat wear into on-the-town style, how to create soulful surroundings at home and work, mindful money management, finding a passion-filled career, how strategic soiree-throwing creates community, tips for practicing social consciousness, and more. Each chapter is accompanied by helpful OMwork to translate these concepts into reality. Abundant illustrations accentuate the text, and a savvy sources section encourages further exploration.

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Mat that can be search Hip Tranquil Chick is a must-have guide for the modern girl filled with tips, tools, how-tos, and inspiration for leading a mindfully extravagant life. signature style, and more, this book fully addresses your lifestyle on and off the yoga mat. **Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat - Google Books Result** My name is Kimberly Wilson and Im the founder of Tranquil Space yoga . book, Hip Tranquil Chick: A Guide to Life on and off the Yoga Mat, I coined the term **Hip Tranquil Chick A Guide To Life On And Off The Yoga Mat By** May 14, 2007 I dont know about you, but for me, being a girl today is hard work. The stress of relationships, working, trying to stay healthy, managing a **Hip Tranquil Chick A Guide To Life On And Off The Yoga Mat Ebook** A Guide to Life On and Off the Yoga Mat Kimberly Wilson Hip Tranquil Chick, the Hip Tranquil Chick logo, Tranquil Space, the Tranquil Space logo, TranquiliT, **Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat** Author: Wilson Kimberly. Publisher: New World Library. Format: Paperback. eBay! **Hip Tranquil Chick A Guide To Life On And Off The Yoga Mat By** Nov 1, 2006 Hip Tranquil Chick A Guide To Life On And Off The Yoga Mat By Wilson Kimberly New World Library 2006 Paperback Paperback. Document **Hip Tranquil Chick A Guide To Life On And Off The - Categorize**