

## Yoga

## One Very Tranquil Lady

Find your center—author, blogger, yogi and fashion designer Kimberly Wilson is coming to Las Vegas on Nov. 1.

The entrepreneurial dynamo from D.C. comes to town to share her tips for tranquility during a discussion and book-signing event at 7 p.m. inside the Emergency Arts building, 520 E. Fremont St.

With a reputation for delivering style, sage advice and sass, Wilson's lecture at Emergency Arts stands to both inform and inspire.

Wilson's second book, *Tranquilista: Mastering the Art of Enlightened Work and Mindful Play* (New World Library, \$15), was released earlier this year. The playful-yet-motivational release is a follow-up to her first literary effort, *Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat* (New World Library, 2006).

Beyond being a twice-published author, Wilson is also an entrepreneur two times over: She founded her own fashion label, TranquiliT, and yoga studio, Tranquil Space, which was recognized by *Travel + Leisure* as one of the top yoga studios in the world. — **Melissa Arseniuk**



Namaste: Wilson helps find your center.