



öm time.

# Tranquilista Weekend

with Kimberly Wilson

## Hip Hips Flowing Yoga Class:

Friday, July 16, 2010, 6:00 - 7:15pm

Enjoy a creative flow sequence that incorporates a passion for hip opening and dropping deeper into your favorite (or soon to be favorite) poses such as pigeon, double pigeon, cow face, baddha konasana, and hanumanasana. Hip *sommelier* Kimberly will guide you through this experience with a playful vibe coupled with compassion. This workshop allows you to connect with your core and awaken your spirit.

PLUS, enjoy a book signing on Friday evening! Kimberly's new book *Tranquilista: Mastering the Art of Enlightened Work and Mindful Play* has just hit the shelves with rave reviews!!

## Yoga and Creativity:

Saturday, July 17, 2010, 10:00 - 1:00pm

Join Kimberly, Creatress of Tranquil Space, for an exploration of creativity as an extension of our yoga practice. Spend time indulging in creative play by making a vision board, meditating, practicing yoga, discussing ways to live more creatively, and engaging in *svadyaya* (self-study) while communing with like-minded new friends. Bring your yoga mat, a journal, magazines, and an open heart.

## Yin Yoga

Saturday, July 17, 2010, 3:00 - 5:00pm

The perfectly slow and deep practice of holding floor poses for up 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 such as vinyasa. Savor drawing your awareness away from your muscles and deeper into your bones to experience a strong sense of calm and opening.

We will also be hosting a TranquiliT trunk show in the boutique throughout the weekend!!

## LOCATION

öm time Denver  
773 Santa Fe Dr  
Denver, CO 80204

## INVESTMENT

\$95 for all three if registered by  
June 30, 2010. \$115 thereafter

## REGISTRATION

Preregistration is highly suggested to secure  
your spot in this weekend workshop. To  
register, please visit [www.omtime.com](http://www.omtime.com) or call  
(303)963-5306

## About Kimberly Wilson

kimberly wilson is a teacher, writer, do-gooder, entrepreneur, and eco-fashion designer currently obsessed with paris, potbelly pigs, and all things sparkly. she is the creative director and founder of **tranquil space** - named among the top 25 yoga studios in the world by *travel + leisure*, author of *hip tranquil chick* and *tranquilista*, and holds a master's in women's studies.

when not bookstore browsing, you'll find her sipping heaps of tea, crafting new designs for **tranquilit**, or leading retreats. her work has been featured on martha stewart living radio, in *daily candy*, *fit yoga*, *us news* and various books. with a passion for do-gooding, kimberly launched **tranquil space foundation** to bring yoga, creativity, and leadership to women and girls and is currently pursuing a master's in social work.

she lives in a cozy raspberry-colored flat in washington, d.c. with two fancy felines named after french impressionists, a supportive beau, and a sassy black pug. indulge in musings on tranquility through her blog and podcast, **tranquility du jour**. learn more at [kimberlywilson.com](http://kimberlywilson.com).



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