



Host a

Hip Tranquil Chick™

Signature ChariTea Soirée

Gather a group of your fave fabulous girlfriends together to inspire, encourage, and motivate you on your hip and tranquil lifestyle journey. Choose a charity close to your heart to highlight and turn this soirée into a consciousness-raising fête.

This complimentary comprehensive guide includes:

- * Bon Jour from Kimberly *
- * Le Chic Invites *
- * Signature ChariTea™ Soirée Design Kit *
- * Swanky Sequences for the Modern Girl handout *
- * Hip Tranquil Chick Discussion Tips *
- * Hip Tranquil Chick Quiz *
- * Savvy Tips for the Stylish Chick Guide *
- * Tasty Treat, Tea, and TranquiliTini™ Recipes *
- * Très Chic Thanks *



Hip = your external presentation, namely fun, fashion, frivolity.
Tranquil = your internal world, namely the substance behind the style.
Chick = your energy, namely joie de vivre.

Bon Jour



Hosting a Hip Tranquil Chick Signature ChariTea Soirée is a delightful way to relish in all things hip and tranquil with a group of like-minded women, to raise awareness (and funds or goods) for your favorite charity, and to spend some sacred time connecting within. A Signature ChairiTea Soirée offers a supportive and encouraging environment for you to share and discuss ideas, challenges, and dreams while partaking in some much-deserved girl time.

Additional ideas to top off the soirée include hosting a clothing swap and donating what is left to charity; including a guest speaker such as a life coach, massage therapist, aromatherapy specialist, musician, speaker from your charity of choice, or reflexologist to come share their expertise on self-care, creativity, or philanthropy.

Invite your best girlfriends and encourage them to bring 2-3 friends or contact any local women that you admire. Hosting the soirée in your home allows for you to completely create the vibe. If that isn't possible, look around for a cozy local café.

Below is an agenda to assist you with putting it all together. I hope you have a fabulous soirée.

xO, Kimberly Wilson

Signature ChariTea Soirée Agenda

15 minutes Welcome everyone and encourage your guests to partake in your yummy tea and treats. Establish expectations of confidentiality and support for all that is shared. Have guests introduce themselves and share their intention for coming.

10 minutes Share your story and why you are hosting the event. Discuss your charity of choice and pass out any paraphernalia that you'd like to share with the group.

10 minutes Pass out Swanky Sequences handouts and lead group through Sequence 1 of Chapter 2 on p. 31 or gentle spinal twists (6 Swanky Spinal Movements p. 70 in *Hip Tranquil Chick*).

15 minutes Pass out Hip Tranquil Chick Quiz and discuss.

40 minutes Dive into Discussion Tips. Encourage girls to have journal and pen nearby.

10 minutes Pass out Savvy Tips for the Stylish Chick handout and discuss.
Optional: have clothing swap.

15 minutes Have each femme share her plans for creating a more hip and tranquil existence with group. Remind the group about the power of voicing intentions (more likely to follow through).

5 minutes Bring soirée to an end. Take photo and send to info@hiptranquilchick.com.

** Suggested soirée length: 2 hours, feel free to adjust timing accordingly*

Le Chic Invites



Your presence
is requested at my



Hip Tranquil Chick™

Signature ChariTea Soirée



Bring your journal, a copy of
Hip Tranquil Chick, and your savvy smile.
I'll provide the treats and tranquility.
Répondez s'il vous plaît!



Your presence
is requested at my



Hip Tranquil Chick™

Signature ChariTea Soirée



Bring your journal, a copy of
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I'll provide the treats and tranquility.
Répondez s'il vous plaît!

Print invite on pink card stock and snail mail for a sweet personalized touch. Add the soirée date, time, address, phone number, and any other personalization such as a requested \$5+ donation or canned food to your charity of choice, along with a postcard stamp, to the back.

Signature ChariTea Soirée Design Kit



- 4 weeks before**
 - Determine charity to highlight and request paraphernalia
 - Snail mail invites to your fave gal pals

- 1 week before**
 - Send reminder and directions via e-mail
 - Buy dry goods
 - Leopard print cocktail napkins
 - Refer to recipe handout for drink and treat contents
 - 9 oz clear cups
 - China or porcelain tea cups (visit your local thrift store)
 - Candles and aromatherapy oils
 - Goody bags and fillers with leopard print tissue paper
 - Copies of *Hip Tranquil Chick: A Guide to Life On and Off the Yoga Mat* and/or *Get Your Yoga On* CD
 - Incense tied with a ribbon in your signature color
 - A box of organic fairly traded tea
 - An organic fairly traded chocolate bar
 - Scented tea lights
 - Bath treats such as soap, fizzies, or beads
 - Paraphernalia from charity

- 1-2 days before**
 - Buy fresh food
 - Choose music/vibe (Thievery Corporation, Frank Sinatra, or John Coltrane)
 - Buy flowers from a local independent florist
 - Put together goody bags

- Day of**
 - Tidy chez moi
 - Prepare food
 - Set mood: light candles and aromatherapy burner, arrange flowers, play the perfect music for your mood
 - Set up treat and libation station
 - Do some restorative or yin yoga prior to guests' arrival
 - Wear your most fabulous and comfy ensemble

- At soirée**
 - Be the hostess with the mostess
 - Greet and introduce guests warmly
 - Keep drinks and laughter flowing
 - Mull over discussion tips, take quiz, and share takeaways from the toolkit

- Day after**
 - Send Très Chic Thanks

Swanky Sequences for the Modern Girl



Sultry Standing Poses

Let this sequence help you find a strong sense of self, connect to your core, and infuse your soul with confidence. Standing poses are perfect for gaining strength, lengthening the body, and opening the heart. Roll out your mat, put on some groovy tunes, and connect to your breath.



1. Begin in **mountain pose**. Spread your toes and ground your feet into the earth. Lift your ribs off your waist as you extend long through the crown of your head. Use this pose when waiting in line, chatting with your boss, or entering a room.



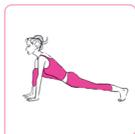
2. Step your left leg back 3-4 feet to **warrior 2**. Bend your front knee of your right ankle, extend your arms out to the sides, and gaze over your right middle finger. Keep your shoulders over your hips and feel the strength in your legs and arms. Use this pose when throwing a frisbee on the beach or facing an unknown in a dark alley.



3. Lower your left arm down to your left leg and lift your right arm up to **reverse warrior**. Gaze up at your right hand and turn it in toward your body. Use this pose when reaching for an outfit on the rack behind you.



4. Place your right hand to the outside of our right foot and your left arm along your left ear to **side angle**. Feel a long line of energy extend along the left side of your body. Use this pose when working in the garden or picking berries.



5. Cartwheel your arms around to a **lunge**. Use this pose when picking up a penny on the sidewalk.



6. Bring your left leg down to meet the right and rest in a **forward fold**. Repeat on other side. Use this pose when searching for a book on the bottom shelf of your local library.

Rejuvenating Restorative Poses

Restorative poses to help keep you fresh over the holidays, after a long day, while jet-setting or on your moon cycle. This sequence is perfect for rejuvenating and can be done in a few minutes or, if you can carve out the space, savor this sequence for 30 minutes!



1. Begin on your back and extend **your legs up a wall**. Place your bum as close to the wall as possible and for a shoulder opener, bring your arms up over your head and reach for opposite elbows. Notice your breath and feel the body soften. For a variation, open your legs to a wide v. For another variation, bend your knees and place the soles of the feet together. Stay here as long as feels good.



2. Slowly roll over to your right side, rest a few breaths, and roll up to a seated position. Take a blanket or bolster and roll it tightly lengthwise. Place the blanket vertically behind your tailbone, and lie back over the blanket. Let your arms splay out to the sides or up over your head. For a variation, roll to your right side and sit up, place the blanket horizontally under the shoulderblades (at your bra line) and roll back over the blanket. This one is a huge heart opener and so powerful.



3. Roll to your right side and slowly lift up to a **child's pose**. Bring your big toes together and open your knees wide. For a variation, place the blanket in between the knees and rest over the blanket(s), turn your head to either side.



Tranquil Tip: Extra doses of tranquility include a silk lavender-filled eyepillow, a scented candle burning nearby, the phone turned off, rosebud salve on your lips, and a yummy essential oil rubbed onto your temples. Have a blanket or bolster nearby for #2-3.

Hip Tranquil Chick

Discussion Tips



On the Mat

Chapter 1: Personalized Practice

How many yoga styles have you explored?

What worked/didn't work for you?

What benefits have you observed since starting your yoga practice?

Chapter 2: Sensational Sequences

What is your favorite yoga pose?

Which sequence works best for your body?

Chapter 3: Moral Code Musings

Are you familiar with the Eight Steps of Enlightenment?

How do the Hip Tranquil Chick

Commandments play out in your every day?

Off the Mat

Chapter 4: Visionary Value

What is your vision statement?

What steps are you taking to live your vision statement?

Chapter 5: Self-nurturing Survival

How balanced is your wheel of life?

Spend some time on Jump-Start your Journaling. (p. 74)



Chapter 6: Creative Connection

How are you creating your life as art every day?

In what ways can you "do it differently?"

Chapter 7: Refined Relations

What are your relationship wish lists?

In what ways are you nurturing your relationships?

Chapter 8: Professional Prosperity

Do you know what makes you tick? (p. 109)

In what ways can you incorporate some "overnight success" tips NOW?

Chapter 9: Financial Finesse

In what ways can you begin stretching your dollar?

How are you investing in yourself?

Chapter 10: Signature Style

What is your signature style?

What is your quintessential hip chick beauty ritual?

Chapter 11: Soulful Surroundings

In what ways can you add more creativity to your crib?

What can you do to infuse tranquility into your office?

Chapter 12: Savvy Social Consciousness

How do your everyday actions make a global difference?

What small changes can you take to make a positive effect?

Hip Tranquil Chick Quiz



Hip Tranquil Chick (hip-tra[ng]-kwəl-'chik) n.,
 A woman who weaves her practice of yoga and love of
 all things fabulous into a hip and tranquil lifestyle.



You know you're a hip tranquil chick if you answer yes to the following:

(1 = Yes 2 = Sometimes/Maybe 3 = Not Sure 4 = No)

- | | | | | |
|--|---|---|---|---|
| 1. Do you dream of doing big things? | 1 | 2 | 3 | 4 |
| 2. Do you long for balance while maintaining your bustling social life? | 1 | 2 | 3 | 4 |
| 3. Is thinking globally and serving others important to you? | 1 | 2 | 3 | 4 |
| 4. Would you never dream of leaving home without lip gloss? | 1 | 2 | 3 | 4 |
| 5. Is yoga, in one of its many forms, a must-have piece of your lifestyle? | 1 | 2 | 3 | 4 |
| 6. Is creativity as important to you as breathing? | 1 | 2 | 3 | 4 |
| 7. Are you striving to be a savvy, girly, empowered woman? | 1 | 2 | 3 | 4 |
| 8. Are kitten heels, a long strand of faux pearls, a little black dress, and the perfect bamboo yoga pants staples in your wardrobe? | 1 | 2 | 3 | 4 |
| 9. Do you love throwing cheap chic soirées in your swanky surroundings? | 1 | 2 | 3 | 4 |
| 10. Is your vision to lead a mindfully extravagant life? | 1 | 2 | 3 | 4 |
| 11. If time and money were not an issue, would you be living the way you are living now? | 1 | 2 | 3 | 4 |
| 12. Are there ways that you could express yourself more authentically? | 1 | 2 | 3 | 4 |
| 13. Do you see challenges as growth opportunities? | 1 | 2 | 3 | 4 |
| 14. Do you embody a passion for learning and growing? | 1 | 2 | 3 | 4 |
| 15. Are you doing all that you can to leave a hip and tranquil legacy? | 1 | 2 | 3 | 4 |
| 16. Are you exploring the benefits of simply being by sitting still for at least 5 minutes each day? | 1 | 2 | 3 | 4 |
| 17. Is laughter one of your daily must-haves? | 1 | 2 | 3 | 4 |
| 18. Do you surround yourself with people who help uplift you? | 1 | 2 | 3 | 4 |
| 19. Is cultural literacy (understanding other cultures not like you and the value of appreciating art, ballet, operas, etc.) important to you? | 1 | 2 | 3 | 4 |
| 20. Do your everyday choices express your values? | 1 | 2 | 3 | 4 |

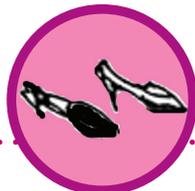
Savvy Tips for the Stylish Chick Guide



Considering you have tons of invites to juggle and little time on your hands, here's a quick guide to help you get your style pulled together in a snap. Creating a signature style that resonates with your authentic self is based on the following key pieces: attitude, accessories, must-have essentials, and creativity.

* Attitude *

Don a smile and glowing attitude. These top two accessories make you more approachable and accessible for possible suitors and new friends. It also projects confidence and makes you seem more like a team player at the office—making you even more magnetic! Sure, hand-knit fluffy legwarmers can add flair to your all black look, but we cannot overlook the importance of attitude. You know the saying, you never get a second chance to make a first impression. Ensure that the accessory you always wear with style is a great attitude and amazing smile. This will get you further than you'll ever know both personally and professionally.



* Accessories *

Wrap a strand of long black glass beads or faux pearls around your neck. Use long skinny scarves for belts, not-so-fabulous hair days, or to wrap around your neck. Don silver hoops, chandelier, or faux diamond earrings. Twirl your hair and pin it with bobby pins or mini clips. Wear a skirt over your yoga pants or favorite leggings. Add a dash of bold color to your basic blacks with brightly colored shoes or handbags. Indulge in merlot lipstick, black eyeliner, and waterproof mascara. Wear a silver sequined belt over your yoga togs. Carry a brown and blue toile umbrella. Wear pucci-inspired goulashes to brighten up rainy days. Tie a scarf around your purse. Shop a vintage, thrift, or resale store for a unique find. Wear leopard print kitten heels.

* Must-have essentials *



1. The perfect black palazzo pant.
2. Fitted and flattering tees for layering.
3. A black cashmere wrap, cardigan, or v-neck sweater.
4. The little black dress in chemise-style dress or as a sassy strapless tube tunic that can also be worn over yoga pants or jeans.
5. Black slip-on kitten heels, ballet flats, and tall wedge boots. Slim hot pink Pumas are my choice for blending function and fashion.
6. A great tote bag—large enough to hold all your goodies in hip and practical fashion, but not look schlumpy.
7. Multiple black skirts—asymmetrical, below the knee, mini, ankle length, fitted, flared.
8. Jacket that matches a skirt. Wear with skirt as a suit or with jeans and heels.
9. Two pairs of denim jeans—a longer dark pair to wear with heels and a shorter pair to wear with your black patent ballet flats.
10. A coat that screams you—leopard, camel suede with lamb's wool flair, black trench.

* Creativity *

Spice up your basic black leggings and fitted cami with these five sassy looks:

1. Tall boots, a colorful wrap dress, and bangle bracelets;
2. Flip flops, a basic white tee, and a black skirt that allows the leggings to peek out below;
3. Leopard print ballet flats, long black tunic that covers the bum, and a long, pink, skinny scarf to throw around your neck;
4. Black sequined slip-ons, strapless tube dress, and headscarf;
5. Kitten heels, silk chemise slip dress, and big chandelier earrings.

Voilà, you're ready to transition onto the town without losing a sense of ease and comfort.



Excerpted from *Hip Tranquil Chick* by Kimberly Wilson ©2006

Tasty Treat, Tea, and TranquiliTini Recipes



MENU

Cucumber Mint and Goat Cheese Watercress Tea
Sandwiches
Lemon Cream Scones
Cookies (purchased butter and/or ginger will accompany the tea beautifully)
Fresh Fruit Selection (raspberries, pears, mango, blueberries, green apples)
Tea Selection

A ChariTea essential is a quality cup of tea. Begin with fresh, cold water and if you have one, use a ceramic teapot (it provides the best heat and flavor). Warm the teapot first by rinsing with hot water. Measure one heaping teaspoon of loose leaf tea per cup plus one for the pot. If using tea bags, count on one bag for each teacup. Remove the water when it has reached the just-boiling point and pour immediately into the teapot. Cover the pot with a lid and brew the tea for three to five minutes before pouring. The larger the tea leaves the longer the brewing time. Remove the leaves or bags from the brewed tea to keep it from getting bitter. Stir the tea before pouring. Serve with raw sugar, honey, or agave nectar.

Type of tea to serve

You can serve a variety of teas from Chamomile to Rooibos to Darjeeling to Chai to a huge selection of green, white, and herbal tea blends. Choose fair trade and organic, when possible. The Republic of Tea and Gypsy Tea have a plethora of tasty options.



Tranquil Tip: Be creative with your tea sandwich breads. You can use wheat, pumpernickel, date nut, and white breads, all with crusts trimmed and cut into for small triangular sandwiches. Plan on six to eight sandwiches per person.

Cucumber Mint Tea Sandwiches

These tea party favorites go perfectly with a spearmint or peppermint tea.

1/2 cup loosely packed fresh mint leaves, finely chopped
4 tablespoons unsalted butter, softened
4 tablespoons cream cheese
12 slices of whole-wheat bread
6-inch length of seedless cucumber, cut into thin slices

In a small bowl combine the mint, the butter, and the cream cheese and stir the mixture until well combined. Spread the bread slices with the butter mixture, top 6 of them with the cucumber, distributing the cucumber evenly and seasoning it with salt, and top the cucumber with the remaining bread slices. Cut off and discard the crusts and cut each sandwich diagonally into quarters.

Makes 24 tiny tea sandwiches

Goat Cheese and Watercress Tea Sandwiches

These modern, savory tea sandwiches will go well with green tea.

2 5 1/2-ounce logs goat cheese, room temperature
1/2 cup chopped watercress leaves
16 thin slices cinnamon-raisin, date or other sweet nut bread, crusts trimmed
4 tablespoons unsalted butter, room temperature
1 cup finely chopped toasted pecans

Mix the goat cheese and chopped watercress and season with salt. Spread the mixture over 8 bread slices, then top with remaining bread. Butter edges of sandwiches. Cut sandwiches diagonally in half. Place pecans on plate. Dip buttered edges of sandwiches into pecans. Arrange sandwiches on platter. Garnish with watercress sprigs.

Makes 16 tea sandwiches

Tasty Treat, Tea, and TranquiliTini Recipes



Lemon Cream Scones

The scones are the perfect accompaniment to a floral or citrus tea.

- 2 cups all purpose flour
- 1/4 cup plus 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 3/4 cup chopped dried apricots (about 4 1/2 ounces)
- 1 tablespoon plus 1 teaspoon grated lemon peel
- 1 1/4 cups whipping cream
- 3 tablespoons unsalted butter, melted

Preheat oven to 425°F. Mix 2 cups flour, 1/4 cup sugar, 1 tablespoon baking powder and 1/2 teaspoon salt in large bowl. Stir in apricots and 1 tablespoon lemon peel. Add whipping cream and stir. Turn dough out onto lightly floured surface. Knead gently just until dough holds together. Form dough into 10-inch-diameter, 1/2-inch-thick round. Cut into 12 wedges.

Transfer wedges to large baking sheet. Combine remaining 2 tablespoons sugar and 1 teaspoon lemon peel in small bowl. Brush scones with melted butter. Sprinkle with sugar mixture. Bake scones until light golden brown, about 15 minutes, then transfer to rack and cool slightly. Serve scones warm or at room temperature.

Makes 12 scones



TranquiliTini

- 1 tablespoon lavender simple syrup (recipe below)
- 2 ounces of vodka
- 3 to 4 ounces of sparkling water
- 3 to 4 ounces of pomegranate or cranberry juice

Combine the lavender syrup and the vodka in a cocktail shaker and shake with plenty of ice. Strain into an ice-filled highball glass, then top off with sparkling water and cranberry juice. Stir before drinking.

Lavender Simple Syrup

- 1 tablespoon dried lavender blossoms
- 1/2 cup sugar
- 1 cup water

Bring the lavender, sugar and water to a boil in a small saucepan, until sugar dissolves. Simmer a few minutes and let cool before straining and storing in a glass or ceramic container.

Lavender Lemonade

- 8 Lemons
- 1 cup dried lavender
- 1 cup honey (raw honey is best)

Remove zest from four lemons and squeeze the lemons for 1-cup juice. In a large pot bring 11 cups of water and zest to a boil over high heat. Stir in the lavender. Partially cover the pot, lower the heat, and simmer for 10 minutes.

While the water is simmering, place a large strainer lined with a damp paper towel over another pot. Strain lavender infusion, pressing on herbs to extract all liquid. Stir in honey until dissolved, then stir in lemon juice. Let cool completely, about 45 minutes. Pour over ice and serve immediately.

Serves 8

Très Chic Thanks



Très Chic Thanks

... for sharing your spirit at my

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May you continue to shine
in a hip and tranquil way.

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