



HIP TRANQUIL CHICK WEEKEND WITH KIMBERLY WILSON

DESCRIPTION

Hip Hips – Friday, April 13th, 6:00 – 9:00pm

Enjoy a creative flow sequence that incorporates a passion for hip opening and dropping deeper into your favorite (or not so favorite) poses such as pigeon, double pigeon, cow face, baddha konasana, and hanumanasana. This workshop allows you to connect with your core and awaken the often forgotten hips. End with a restorative series catered to calming the mind.

Creative Flow – Saturday, April 14th, 10:00 – 1:00pm

Celebrate a creatively flowing vinyasa practice combined with energetic music. This excursion will weave a focus on intention setting, both on and off the yoga mat, with a playful and challenging flow. Open to late beginner to advanced students.

LOCATION

öm time Belmar
7337 W Alaska Dr
Lakewood, CO 80226
Tel. 303.934.2030

INVESTMENT

\$40 per session
\$35 if registered by 04.07.2007
\$100 for the weekend

Yin Yoga – Saturday, April 14th, 2:00 – 5:00pm

The perfectly slow and deep practice of holding floor poses for one 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.

Book Signing Tea – Saturday, April 14th, 5:00pm

Celebrate all things hip and tranquil with a reading and tea from Kimberly's book, **Hip Tranquil Chick**. She will be available to sign books, give a reading, offer lifestyle tips, and mingle after her workshops. Tea and cookies will be served. Free.

REGISTRATION

Pre-registration is highly suggested to attend **The Hip Tranquil Chick Weekend**. To register, call 303.934.2030. For more information, visit our website, www.omtime.com.

ABOUT KIMBERLY

Kimberly Wilson is a teacher, author, activist, entrepreneur and designer. She is the creative director and founder of Tranquil Space yoga in Washington DC. Inspiring women to lead a chic and conscious life is close to her heart. More scoop at www.kimberlywilson.com.



CHANGING THE WORLD ONE DOWNWARD DOG AT A TIME.