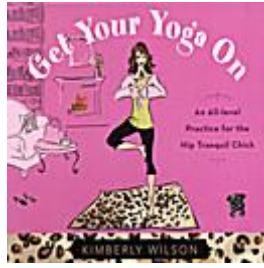


# Mp3 Kimberly Wilson - Get Your Yoga On



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Nine trs chic tracks that serve as the perfect accompaniment to Hip Tranquil Chick. You will be gracefully guided through the seven sensational yoga sequences shared in Hip Tranquil Chick that are sure to enrich your routine. 9 MP3 Songs NEW AGE: Healing, SPOKEN WORD: Instructional Details: Kimberly Wilson's "Get Your Yoga On" CD has nine trs chic tracks that serve as the perfect accompaniment to her book, Hip Tranquil Chick. You will be gracefully guided through the seven sensational yoga sequences shared in Hip Tranquil Chick that are sure to enrich your routine with a certain je ne sais quoi. Groovy and chill music by Amrita and pose illustrations help make this CD the perfect tranquility-invoker for the girl-on-the-go. Blend the tracks for the perfectly tranquil concoction: Tracks 3 + 4 + 7 = a recipe for stoking the inner fires and detoxifying. Tracks 2 + 6 + 8 = a recipe for going deeper in a reflective fashion. Tracks 6 + 5 + 7 = a recipe for releasing toxins and opening the heart. Tracks 3 + 5 + 8 = a recipe for strengthening and then relaxing. Kimberly is a teacher, designer, author, activist, and entrepreneur. She designs the TranquiliT collection to offer comfy and stylish pieces using eco-conscious fabrics. Her work has been featured in Fit Yoga, Daily Candy, Lucky, Shape, and Yoga Journal. An avid yogini searching for ways to blend her passion for yoga with her delight in modern girl luxuries, she created the concept of Hip Tranquil Chick the embodiment of all things hip and tranquil.

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