

Mp3 Kimberly Wilson - Vinyasa Yoga For The Newbie Yogi



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Experience the joy of vinyasa (flow) yoga taught in a nurturing yet empowering style with a piano and trance backdrop. 10 MP3 Songs SPOKEN WORD: With Music, SPOKEN WORD: Instructional Details: Kimberly Wilson is the creative director and founder of Tranquil Space, and tranquiliT boutique in Washington, DC's artsy Dupont Circle. Kimberly holds a B.A. in Psychology and an M.A. in Women's Studies from George Washington University. An introspective lifestyle, combining a passion for yoga with an emphasis on living to one's full potential, is the pivotal center around which Kimberly has built Tranquil Space. She provides a unique synergy of vinyasa yoga and creative flair. Kimberly draws from her various trainings with Ashtangi David Swenson and vinyasa teachers Cyndi Lee, Baron Baptiste, and Shiva Rea. She brings a well-rounded approach to her students and is known for her inspirational style with a focus on living one's yoga practice both on and off the mat. Kimberly's continued creative endeavors include tranquiliT - clothing, accessories, and specialties designed to celebrate the bodies of style-conscious yoginis, an intermediate CD, and a beginner CD titled "Vinyasa Yoga for Newbie Yogi." The CDs offer four practices within each 70-minute CD. The CDs have a beautiful blend of piano music by Washingtonian yogini Heather McAulliffe combined with funky tunes by Washingtonian musician Darryl Walker to enhance the flow. She is currently working on her first book, Hip Tranquil Chick. She has been featured in Fit Yoga, Yoga Journal, Washingtonian, The Washington Post, and Lucky and has appeared on local TV, Fine Living Channel, and WTOP radio, delivering ways to relieve stress through sequences presented in her two CDs, her podcast and upcoming book.

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