



by Kimberly

A BALLET-INSPIRED COLLECTION

STYLE YOUR
TRANQUILITY,
EVERY DAY



[KIMBERLYWILSON.COM/TDJ](https://kimberlywilson.com/TDJ)



Welcome

"Style is a way to say who you are without having to speak." —Rachel Zoe

Thank you for your interest in expressing your signature style and creating a capsule wardrobe. I'm over the moon to introduce you to the Spring 2023 balletcore capsule collection!

Inside this workbook, I'll walk you through our story, why we're all-noir (hint: everything matches), tips to create and style your own capsule wardrobe, ways to use our balletcore and/or 8-piece capsule to create dozens of looks, adult ballet terms and tips, a coloring page, why others love TDJ, and more!

Thanks for your support and I hope this inspires you to style your tranquility, every day.



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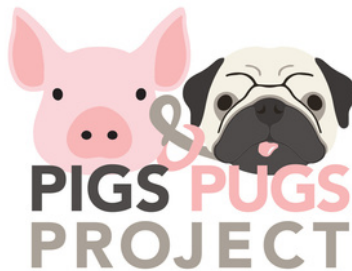


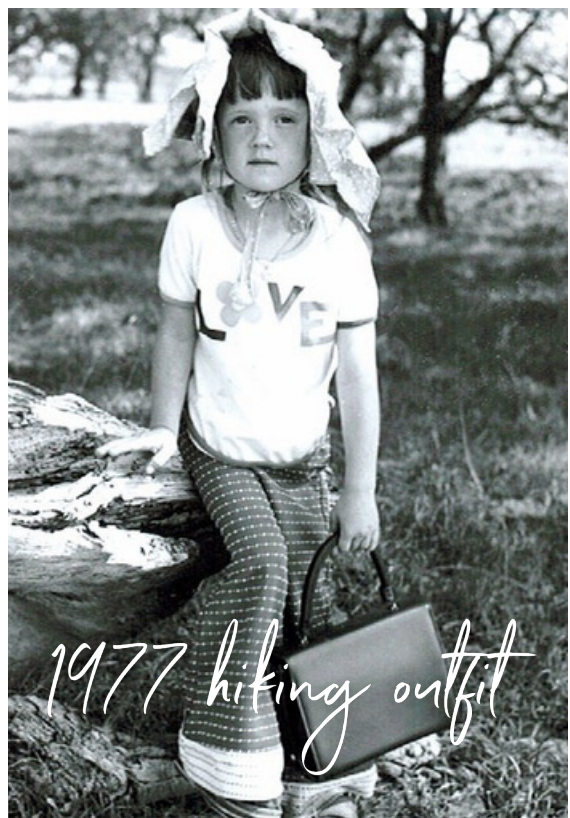
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PS A portion of all TDJ proceeds support Pigs & Pugs Project's mission to make the lives of pigs and pugs happier and Borneo Orangutan Survival's efforts to protect these beautiful beings. We're also a proud member of 1% for the Planet. Thank you for making a difference!

Love,

Kimberly





Our Story

TDJ is a locally-sewn clothing line filled with versatile, seasonless designs crafted in eco-friendly, vegan fabrics. All pieces are custom made for each order.

A lover of style since my early days hiking the Oklahoma hills in a bonnet, bell bottoms, and graphic tee with a purse in tow, I became obsessed with mix and match knit clothing in the '80s (remember Units and Multiples?!).

I launched the clothing line in 2002 with yoga pants and tees with dreams of a chic and comfy clothing line that transitioned easily from ballet class to board meetings to bookstore browsing.

Over the years I added to the collection timeless tunics and dresses to wear alone or over yoga pants, along with luxurious wraps in flowy, flattering designs to fit most bodies.

TDJ is more than an artisanal clothing company. We are a small, socially conscious business that strives to make the world a better place in these ways:

- Create designs that dress up or down
- Share ways to layer pieces for a variety of looks
- Make WFH both comfy and chic
- Offer a capsule wardrobe to make getting dressed effortless
- Include sensory surprises with each order
- Sew locally with eco-friendly fabrics
- Donate a portion of proceeds to Pigs & Pugs Project
- Plant trees in Borneo to help the orangutans
- A proud member of 1% for the Planet
- Host special events
- Use compostable shipping mailers
- Ship through fully carbon neutral delivery service (when possible)



TDJ has been featured in *The Washington Post*, *Washingtonian*, *Shape*, and more and is a beloved staple in many closets.

In 2010, TDJ (formerly TranquiliT) was named as the “Rising Star” at the Eco-Chic event hosted by Fashion Group International.

Explore musings on every day tranquility and style through the Tranquility du Jour [blog](#) and [podcast](#).



10 Reasons We're All Noir

For years I've found simplicity and ease in wearing all black. As I streamlined the clothing line, I decided to shift to an all-black collection for a variety of compelling reasons.

1. Everything matches, making daily dress-up fun and easy.
2. Black is chic, classic, and iconic.
3. It's the standard for New York, ballet Paris, and Zen.
4. Black dresses up or down. Christian Dior agrees, "You can wear black at any time. You can wear it at any age. You may wear it for almost any occasion."
5. An LBD is a must in every closet.
6. Black is slimming and makes a statement.
7. And it's also an armor. Artist Georgia O'Keeffe said, "There's something about black. You feel hidden away in it."
8. It's fun to add pops of playful accessories (hello, leopard-print) to monochrome looks.
9. Black is instant elegance and has continuously been the most popular color in our collection.
10. It doesn't show remnants of messy meals, black pet hair, and toddler tantrums.



Take it from Coco Chanel, "When I find a color darker than black, I'll wear it. But until then, I'm wearing black."

So, as you can see, black IS the new black. Paired with red lips, a warm smile, and a positive attitude, you'll find you can wear noir wherever you go!

Wear noir. live pink.



Create a Capsule

A capsule wardrobe is a collection of essential and versatile pieces. The benefits of having a uniform (an outfit you wear regularly) or capsule wardrobe include: creating your unique signature look, a solution to the “I have nothing to wear” dilemma, reducing decision fatigue, not buying frivolously, and having more time.

How to Create Your Own:

- After a closet clean out, count and assess your favorite 10–40 pieces. There’s no magic number, choose what fits for you and your lifestyle. Extras such as workout wear, intimates, sleepwear, coats/jackets, accessories, shoes, and special occasion pieces don’t have to count in your total.
- Create an inventory list of your chosen pieces and assign a number to each one. Set the other articles of clothing aside for now (or donate them).
- Play dress up and snap photos of different ways to mix and match plus layer the items on your list. Print and post the photos inside your closet door or upload on an app.
- Note the combinations on your inventory sheet. Record the numbers and looks, such as two, six, and eight create a festive date night look.

Basic Wardrobe Staples:

- little black dress
- black pants
- black tank top
- black wrap dress
- white button down
- black blazer
- black cardigan
- black maxi skirt
- black pencil skirt
- black scarf wrap
- black fitted top





Design Your Capsule

Favorite Pieces Inventory

Mix & Match Outfit Ideas

My Accessories

Accessories can turn your average black dress into a cocktail-worthy ensemble when paired with heels, a faux fur shrug, and sparkly earrings. Or a fancy black dress into a more casual chic look when paired with a denim shirt and white sneakers.

Accessories to play with: brooches, sunnies, scarves tied in the hair/around neck/around wrist/around your handbag, necklaces (long faux pearls fancy up a basic black tee), earrings, hats, bags, arm/legwarmers, rings, umbrellas, belts, a positive attitude, outerwear (hello, faux fur), footwear such as pink clogs or ballet flats.





Meet the Balletcore Capsule

Create multiple looks from these twelve items



2in1 Long Sleeve
Bodysuit

1

2in1 Sleeveless
Bodysuit

2

Crop
Sweatshirt

3

Tulle
Tutu

4

Ruched
Top

5

Wrap
Top

6



Long
Wrap Skirt

7



Short
Wrap Skirt

8



Tube
Top

9



Tulle
Maxi Dress

10



Tulle
Maxi Skirt

11



Skirt
Pant

12

Mix & Match

9+10+12



2+6+7



9+12+11



3+4



2+6+12



1+11





Ballet Glossary

Courtesy of Broche Ballet—the place for adults to learn, love, and level up with ballet. No matter your age, shape, size, or location in the world, we are here to help and we've got a spot for you at the barre.

brocheballetonline.com

Barre (bär) A barre is a stationary handrail that provides support for people during various types of exercise

Plié (plee-ey) To bend

Elevé (el-uh-vey) To rise with a small rising action with straight knees

Tendu (tahn-doo) To stretch (an extending action of the leg, a terre with a return closing action)

En Croix (on quaw) In the shape of a cross (front, side, back or back, side, front)

Frappé (frah-pay) To strike (like lighting a match on the floor)

Fondu (fawn-doo) To melt (a melting action)

Rond de Jambe (ron day jahm) Round of the leg (circle the leg like a protractor on the floor from 0 degrees to either 90 or 180)

En L'air (on layer) In the air Coupé (coo-pay) to cut

Passé (pah-say) To pass

Developpé (deh-vel-oh-pay) To develop or to unfold

Grand Battement (gawnd bot-mon) To beat (a movement with a closing action)

Pas de bourrée (Pah deh boo ray) Small/tight running steps (5th to 2nd/or 4th back to 5th)

Sou-Sous (soo soo) Under over

Dégagé (deh-gah-zha) Disengage, to move the leg off the floor from a position with a pointed foot and straight leg to the front, side or back

B+ (B plus) A preparatory position in which you stand with your front leg straight, the back leg bent and knees and thighs touching

Révérance (reh-ver-ance) A bow or curtsy, a gesture of respect executed at the end of a dance to acknowledge the teacher, pianist, orchestra or audience

Pas de cheval (Pah deh shah-vol) "Horse step." Start in fifth position, lift the front leg into coupé then extend front into a tendu

Arabesque (air-uh-besk) Iconic ballet position where the leg is straight and lifted behind you

Failli (fi-ee) Falling through

Pas de chat (pah deh shah) Step of the cat a jump from 5th to 5th with an overlapping action with each leg bending and unfurling, one after the other

Retire (reh-tee-ray) The position in which a ballet dancer raises their thigh en l'air with the knee bent so that the pointed foot is placed either in front, behind or to the side of the supporting knee

Cou de pied (koo-duh-p-yay) 'neck' of the foot. When the working foot is placed on the other leg between the base of the calf muscle and the top of the ankle



My Go-To Adult Ballet Basics

To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking. —Agnes De Mille

When I slip into my pink canvas ballet slippers to walk into the dance studio wearing all-black layered with a pink chiffon skirt that swishes as I move, I'm transported to the stage. The pianist begins to play as we plié. . . [Read more](#).

Curious about returning to ballet as an adult? Below are a few of my tips to help you get started.

Barre. You can purchase a portable barre, use a kitchen counter, or even the back of a chair.

Ballet studio. Look for a place that has adult classes and beginner levels such as Intro to Beginner. If you did ballet as a child, your body may have muscle memory and some terminology may be familiar. If in person, choose a spot behind others to help you follow along.

Ballet slippers. Grab a basic pair of canvas slippers. You want them to hug your feet and can them fitted at a dance store ensure you're getting the right fit for your foot.

Clothing. I tend to wear my uniform—a black 2in fitted top and capri leggings [from TDJ](#). Sometimes I'll wear a 2in1 bodysuit with pink tights and perhaps add a flowy skirt over it.

Hair. Pull your hair back into a bun or chignon. If you have bangs, pin them back with barrettes.



My Go-To Adult Ballet Basics Continued

Virtual classes. The great thing about virtual classes you can take with teachers all over the world. Try different ones to see what works best with your learning style and personality.

Space. I have a tiny dance space in my living room and have danced in even tinier spaces like galley kitchens. I'd recommend enough space equivalent to three to four yoga mat spaces.

Choreography. At the beginning of each combination, the teacher will demonstrate. They'll say certain words like tendu, first position, second position, demi-plié, and dégagé. It's helpful to become familiar with the different moves and there's a glossary on from Brochet Ballet here to help. You can also watch a beginner level video to learn the basics.

Mirror. It's helpful to see your form especially if you're taking virtual classes. Place one where you can get a full view of your body.

Mindset. Be kind and gentle with yourself. Consider a growth mindset versus a fixed mindset. An example of a fixed mindset is "I can't do ballet." Growth mindset is "I haven't done ballet . . . yet." Remember that learning anything new can be frustrating (and exhilarating) all at once!

Video. [In this Tea with Kimberly video](#) I share more tips along with my favorite studios and teachers.

Happy dancing!





Balletcore in Paris



2in1 bodysuit & wrap skirt

featuring professional ballerina
[@indiarosefloorbarre](https://www.instagram.com/indiarosefloorbarre)



2in1 bodysuit & wrap skirt



ruched top & skirt pant



tube top & wrap skirt



crop sweatshirt & wrap skirt



tube top & wrap skirt



tulle dress, tube top,
wrap skirt



tulle dress, tube top,
wrap skirt



tulle dress, tube top,
wrap skirt



tulle tutu & 2in1 bodysuit





crop sweatshirt & wrap skirt



tulle dress, tube top, skirt pant



tulle dress, tube top, skirt pant



Dress up your basic 2in1 fitted top and capri leggings with heels (as shown above), long faux pearls, and red lips.

Wear your savasana throw as a top over your flowy palazzo pant for the perfect summer look.

Tie your wrap dress knotted in front for a chic variation on its typical look.

Never leave home without the wrap tunic.

Knot your boyfriend tank over your maxi skirt dress and pair with white tennis shoes for casual chic.

TDJ 8-Piece Capsule

Our most versatile, cozy, and creative staples easily dress up or down. Eight pieces and dozens of looks!

- 1. 2in1 fitted top:** Our best-selling layer! Reversible to wear as a high neck or low scoop neck. Double layered across the chest on both sides for extra coverage. Long body and sleeves with raw edge hem.
- 2. Boyfriend tank:** This loose fitting flattering sleeveless tank hits below the hips, has a lovely scoop neck, and our signature raw edge hem. Beautiful paired with your favorite jeans, over a fitted top, or with any of our cozy bottoms. Knot for a more fitted look.
- 3. Capri legging:** This capri legging is a lovely add to our essentials collection. With a comfy elastic waist and fitted leg that hits slightly above the ankle, it's a staple for all closets.
- 4. Maxi skirt dress:** This versatile skirt dress has an A-line shape, our signature foldover waist, and flatters curves. Pull the skirt up over the chest and wear it as a dress, too! Great for travel as you'll have three different looks in one piece (you can also pull it over your head and wear it as a cape)!
- 5. Palazzo pant:** Our best-selling pant has an elegant, flowy drape. It's a dramatic, yet subdued closet staple. Perfect for layering under your favorite wrap dress or worn with one of our many cozy tops. Signature raw edge hem.
- 6. Savasana throw:** This over-sized throw has lovely lettuce edging and many uses: around your hips, torso, or body as a sarong; over your shoulders as a meditation shawl; over your head Jackie O style; around your neck as a scarf; as a lap blanket; or over your body while resting in savasana on your yoga mat.
- 7. Wrap dress:** Our beloved wrap dress has 3/4 sleeves to comfortably hug your arms, a full and flowy skirt that hits above the knee, and a soft sash to accentuate your shape. Sweet ruching at the shoulder adds nice detail. Throw it over palazzo pants for a flowy layered look or wear solo. Try it backwards for a high neck and low back. Twist tie in front for a whole different look.
- 8. Wrap tunic:** This generously cut wrap tunic has a luxurious, drapy, asymmetrical hang cut in an inverted U with chic, slightly belled sleeves. Tie it in front, pull across your body and tie in back, or twist in front and pull ties around the back. Luxurious long body with our signature raw edge hem.



TDJ 8-Piece Capsule

Create multiple looks from these eight essentials



1. 2in1 fitted



2. capri legging



3. palazzo pant



4. wrap tunic



5. wrap dress



6. boyfriend tank



7. maxi skirt dress



8. savaana throw

Mix & Match

1+6+3



1+8



3+6+7



8+3



6+7+8



8+2



Capsule in Paris



Wrapped in Joy



Off to the Farmers' Market



Soaking up the Sun



Tea Sipping



Reading & Musing



Parisian Chic



People Watching



Stroll in the Park



Morning Walk



Cocktail Chic



I love the versatility of the 2in1 fitted top and how it transitions on and off the mat. I love the high neck in the front for the office with a necklace or a scarf and earrings—such a very sophisticated look with a black pencil skirt, heels and a jacket for the office. Then, I wear it reverse for yoga with the scoop neck in the front and a pop of color halter tank underneath. The nice longer length is perfect with yoga pants and it stays put during vinyasa without needing adjusting. The fabric feels wonderful.

— *Kelly, yoga teacher*

I LOVE my pieces! I always look put together no matter how casual or formal the occasion and the styles drape to flatter all shapes and sizes. I always get compliments when I wear these pieces because I'm stylish and comfortable whether I'm relaxing, working, performing on the stage, or anywhere in between.

— *Melinda, Renaissance woman*



I've been a lover of this line for a number of years but have really increased my collection of items during quarantine. The items are so versatile, comfy and classic. I love how I can simply throw on the wrap dress (which I'm obsessed with!) and feel chic and dressed up. Last, but certainly not least, each item is handmade in the United States with eco conscious fabrics. All of these are just a few of the reasons why I'm thrilled to support this brand and Kimberly. It's just good for the soul.

— *Hannah, marketing expert*





As a longtime tranquilista, I've been wearing Kimberly's line since 2007. 100% of my wardrobe is TDJ and I've owned at least one of every piece. I appreciate the simplicity and versatility of the ensembles, the fine local bespoke dressmaking, and the seemingly infinite flexibility of a noir, bamboo capsule set in various fabric weights and finishing. As my preferences and lifestyle evolve, so does my uniform. TDJ always has me covered—whether weekly flights or daily bike rides, it get me where I need to be. These days it's a slip dress or 2in1 chemise over leggings with one of the dresses as an overlay and a heavier noir or fleece item on top. TDJ accessories are always at the ready and I believe everyone needs a wrap tunic in each fabric!

— *Barbara, Designer, Knowledge Solutions*

I love my TDJ 2in1 fitted top. It's so comfortable and pretty and totally versatile. Honestly, this top goes with everything! I wear it with skinny jeans, long skirts, pencil skirts and dress pants. It's my #1 wardrobe staple! Merci beaucoup to TDJ!

— *Jamie Cat Callan, author*



The slip dress is one of my favorite pieces. Before I was pregnant, it was the perfect dress to wear that was easy and comfortable and also looked really nice. And, I've been able to wear it into my pregnancy! It's a great way to look like you made an effort without having to work too hard.

— *Kim, DJ*



About Kimberly



Hello! I'm the author of six books, a psychotherapist in private practice, and designer of the TDJ clothing line.



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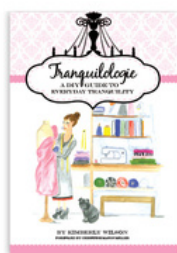
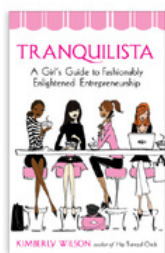
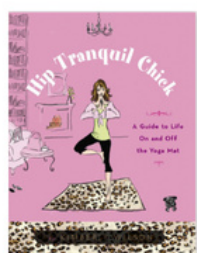
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I also host the Tranquility du Jour podcast and serve as the president of Pigs & Pugs Project.

I have master's degrees in social work and women's studies, and have been featured in *US News & World Report*, *The Washington Post*, *Fast Company*, *Bella Grace*, *Cosmopolitan*, and more.

I live in Washington, DC with rescue pets and a partner, love matcha lattes with oat milk, and can often be found practicing pliés at a pink ballet barre.





A Spring Immersion *Go from "Blah" to Bloom*

Saturday, April 15 2-4 pm ET

Join me for a soulful immersion to help us spring clean our bodies and minds and hit reset.

During our half-day experience, you'll learn gentle yoga and meditation practices to nourish the soul, ways to detox your mind and body, how to create a wellness plan that works for your lifestyle, and my go-to self-care practices.

You'll also leave with an action plan to help bring your spring dreams to life, renewed inspiration, and a deeper connection to yourself.

I hope you'll join me and a like-hearted community for a nourishing experience from the comfort of your own home.

[Save your spot HERE.](#)



Wear Noir, *Live Pink*



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