Biography

Kimberly Wilson is a writer, therapist, and creative entrepreneur who founded Tranquil Space—named among the top 25 yoga studios in the world by *Travel + Leisure*. She’s penned numerous books and holds master’s in women’s studies and social work.

With a passion for do-gooding, Kimberly co-founded Tranquil Space Foundation and is a cheerleader for animal rights. In 2008, she was honored as a New Leader in Philanthropy by Greater DC Cares and a top yoga teacher in 2011 by *Washingtonian*.

When not sipping tea, you’ll find her practicing yoga on a leopard-print mat, dreaming up new designs for the eco-friendly TranquiliT clothing line, or leading retreats globally.

She has completed trainings ranging from Jivamukti to Yin to Mindfulness and brings a potpourri of inspiration to her teaching. Her work has been featured in *Fast Company*, *The Washington Post*, *US News & World Report*, and various books.

Indulge in musings on “tranquilosophy” through her blog and podcast, *Tranquility du Jour*. Learn more at kimberlywilson.com.
Select Press

http://tinyurl.com/hkpc3t9

“The Nation’s Best Yoga Studios,” Spry Living (1/22/15)  
http://tinyurl.com/zvqhemj

“Proof That Entrepreneurs Don’t Need to Start Off Knowing How to do Everything,: Fast Company  
(August 2014)  
http://tinyurl.com/hv9dz5m

“Best Yoga Teachers in DC,” Washingtonian (5/15/11)  
http://tinyurl.com/jdwsffp

“Top 25 Yoga Studios Around the World,” Travel + Leisure (4/7/07)  
http://tinyurl.com/d9yttl

“A Yoga Studio for the Super Stressed,” Roll Call (9/8/08)

“City Native Finds her Muse,” Lawton Constitution (10/3/04)  
http://tinyurl.com/jnnuq5l
**Hip Tranquil Chick**

Hip Tranquil Chick (hip-tra[ng]-kw&l-´chik), n., A woman who weaves her practice of yoga and love of all things fabulous into a hip and tranquil lifestyle. A hip tranquil chick juggles a busy life with grace, gives of her resources, puts her best face (and foot) forward, nurtures herself with compassionate care, exudes her signature style, and lights up the room with her presence. She weaves all of these great characteristics rolled into one fun-loving, chic, and conscious chick.

**Tranquilista**

Balance, bliss, and beauty? Social- and style consciousness? Yes we can, shows Kimberly Wilson in this new kind of guide for a new era of hope and change. Whimsically titled sections (Mix Mindfulness, Bake in Beauty, Decorate with Sprinkles) outline an eight-step path lived and learned by the author. Taking spirituality as its foundation, the book highlights creative individual from homemaking to brand building. Step-by-step projects and to-do’s cover a tranquilista’s key pursuits: meditation, setting goals, personal style, living green, and even launching a nonprofit. Wilson’s aim throughout is to help each reader realize—and revel in—her unique potential to make a splash and make a difference.

**Tranquilologie**

December with doses of inspiration covering eight topics – mindfulness, self-care, nesting, do-gooding, work, style, creativity, dreams – in a nouveau way each month. Learn to create homemade gifts, get grounded in an instant, practice restorative, yin and vinyasa yoga, accessorize, craft your bucket list, start a women’s group, art journal, clear clutter, shop mindfully, and more. _Tranquilologie_ involves being mindful in the moment, relishing simple pleasures, embracing minimalism, getting crafty, and creating extraordinary everyday experiences. It’s about living with exuberance, passion, and tranquility—every day of the year.
24 Tools o’ Tranquility
This 58-page full-color e-book was written as a companion to the 24 Days o’ Tranquility e-course and to support your journey through the 24 Tranquility Tools shared in Tranquilologie and the Tranquility du Jour Daybook. Filled with 24 essays covering the eight daily, eight weekly, and eight monthly Tranquility Tools in a way that breathes life into the message. You’ll read research supporting certain Tools, hear stories about my experience with them, and be led down the path to tranquility in a nurturing, loving manner.

Tranquility du Jour Anthology
This full-color commemorative book is a celebration of 10 years in the blogosphere. It’s a mini-memoir from a fellow soul sister desperately seeking tranquility. Inside you’ll find nearly 100 essays beckoning you to pour a cuppa tea, relax into your chaise, and bask into a space of storytelling and reflection. Photographs featuring simple pleasures of daily life and Parisian travels are sprinkled throughout.

Tranquility du Jour Daybook
Stay in touch with your week’s most important tasks and your life’s most important dreams. The Tranquility du Jour Daybook is a pink and gold planner, lifestyle organizer, and wellness guide all in one. Inside you’ll find inspiration to live tranquilly and intentionally. This dateless (start anytime) beauty has white metal spiral binding, sturdy clear covers, and is sprinkled with photography of life’s simple pleasures and travels to Paris.

52 Weeks of Tranquility Journal
The New Year. A fresh start. Ever notice how it starts strong with promises and good intentions, yet by mid-January that enthusiasm fades? This 52 Weeks of Tranquility Journal takes you through a full year with ongoing encouragement to dig deep, slow down, and reflect. Filled with 52 inspiring essays and complementary photographs, each essay is accompanied by a lined blank page to capture your experience around the week’s idea.
Select TV Appearances

Take Care of Yourself, Let’s Talk Live (Washington, DC) 1/3/11
https://youtu.be/_eoq3ATQrnc

Tranquilista, Let’s Talk Live (Washington, DC) 1/26/10
https://youtu.be/bZpv0NHSkHs

Financial Finesses, Let’s Talk Live (Washington, DC) 4/28/10
https://youtu.be/vMrsFrir_yk

Tranquilista, AM Northwest (Portland, OR) 3/11/10
https://youtu.be/xyV9DmPXjLY

Tranquilista, Sacramento & Company (Sacramento, CA) 3/10/10
https://youtu.be/d7ThQFlEd9s

Tranquilista, View From the Bay (San Francisco, CA) 3/10/10
https://youtu.be/FCxA0bzGdxo

Tranquilista, San Diego Living (San Diego, CA) 3/9/10
https://youtu.be/Dh3P-89ayLo

Yoga, NBC 4 (Washington, DC) 9/25/09
https://youtu.be/B1zBHo9ihQQ
Kimberly’s Social Platform

Kimberly’s blog, *Tranquility du Jour*, began in October 2004. Over 3200 posts and 1.9 million page views later, the blog is the hub of Kimberly’s musings on life, work and everyday experiences.

Kimberly’s podcast, *Tranquility du Jour*, was one of the first woman-focused shows beginning with its first episode in September 2005. With nearly 400 episodes and 2.5 million total downloads, it is heard by women around the world. Monthly downloads have grown to 13000 as of May 2016.

Kimberly also has a vibrant presence on social media, including 2500 Facebook likes, 3700 Twitter followers and 2800 Instagram followers as of May 2016.