

# THE DUPONT CURRENT

## *Yoga studio moves to larger, greener quarters*

**T**ranquil Space Yoga has always placed an emphasis on serenity. Now the studio offers yet another way to soothe the soul. Today, it will move from its current digs at 2024 P St. to a larger, more eco-friendly space at 1632 17th St.

"The whole philosophy we started with was to do everything as green as possible," said architect John Allen.

To that end, Allen and the owner, Kimberly Wilson, set out to create a new space that incorporates as many old materials as possible. "Part of the whole green movement for me is being as creative as you can [be]," Allen said.

So instead of scrapping sunken floorboards, Allen decided to transform them into shelves and put them in the lobby. He covered an entire wall with wood siding from an old barn that was being demolished, and he installed abandoned tree grates for a decorative flourish. "It's really the little details that set it apart," he said.

A climate-conscious sensibility guided the entire project, Allen said, noting that renewable resources are attractive for both economic and environmental reasons.

At Tranquil Space, if the materials weren't salvaged, they are at least environmentally sound, he said. Studio floors are made of cork

### ON THE STREET

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and bamboo, which grow back fast, he said; skylights reduce dependence on electricity; and any lights the studio does use are fluorescent, which "takes less energy."

Wilson said she plans to christen the new space on Saturday with a baby-and-me class, which she thinks is an appropriate way to mark this new stage in the life of her ever-evolving business.

Wilson first moved to Washington to attend a paralegal training program at Georgetown University. She began teaching yoga in her living room in 1999. At the time, she had only a few students. But from the start, she said, she wanted her lessons to include a sensory experience that extended beyond basic yoga poses. For instance, her classes always have a dedication, some aromatherapy, tea and cookies, she said.

Her small yoga practice soon took off. She began teaching in meeting space at a local church, but even that became too small for her burgeoning business. As her client base swelled, she scaled back her paralegal activities, and eventually opened three studios, in Dupont, Arlington and Bethesda. Her decision to build the new 17th Street studio was based simply on size.

"We'd outgrown our current space," she said.

At the new location, Wilson's students should have plenty of room to move around. Tranquil Space spans three floors, combines two row houses and includes three yoga studios, a retail space for Wilson's TranquilT line of "eco-luxe lifestyle wear" and a spa. Chandeliers dot the ceilings, and Wilson said she hopes the building exudes a kind of "Zen princess" atmosphere. "It incorporates the elements I really vibe with," she said.

Plus, for the first time, Wilson said, she will have a real office — not just a corner of her apartment — from which to run her many enterprises. In addition to TranquilT, she also maintains a podcast and blog, advising "hip tranquil chicks" on philosophy and fashion. She leads tranquility workshops and administers Tranquil Space Foundation, a nonprofit group she founded in 2006 to empower young women. In 2006, she also published a book called "Hip Tranquil Chick: A Guide to Life on and off the Yoga Mat."

Tranquil Space Yoga will host a grand opening May 17 from 6 to 9 p.m. The event will feature a fashion show, raffle, massages, kirtan singing, DJ spinning, complimentary fair-trade tea and a 10 percent discount on purchases.