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Tranquillity beyond yoga

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One can practice yoga anywhere. At Dupont Circle's Tranquil Space Yoga, people are practicing a lifestyle.

With yoga rooms on three floors, a tea lounge, a spa and custom-made clothing and other items for sale in a boutique, Tranquil Space (www.tranquilspace.com) has come a long way from its location a decade ago in the living room of creative director Kimberly Wilson.

"I really wanted to approach yoga as a lifestyle," says Ms. Wilson, 35. "I wanted people to know about the whole aspect of making yoga a bigger part of your life. If someone just wants to do yoga, that is fine, too, but I want people to realize that yoga can be so much more."

Apparently, there is a need for that lifestyle. More than 700 students a week come through the doors of the studio at 1632 17th St. NW, which opened in May 2008. At the Dupont location (Tranquil Space also has smaller studios in Bethesda and Arlington), people take classes in the earth, bamboo and sky studios; shop the boutique; drink tea and eat cookies. There are yoga retreats, charity events and a monthly book club.

"Washingtonians can really use a place like this," Ms. Wilson says. "It is so interesting to see people come in all stressed out from all sorts of jobs. They might start out on the mat with their BlackBerries, but they leave feeling so much lighter. It is critical to have a place to go to feel grounded."

Spa manager Brooke Hafner started out as a yoga student at Tranquil Space. She says she was attracted to the lifestyle aspects of the studio. Now she's happily employed there.

