

# CiCy Suds

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## CiCy Suds: Preparing for "Chic"-asana

So your hippie-dippy friend Sunshine (pretty sure she made that up herself) talked you into a yoga class. After much grumbling, you finally agree to go. As long as she never makes you go again.

Except that you love it.

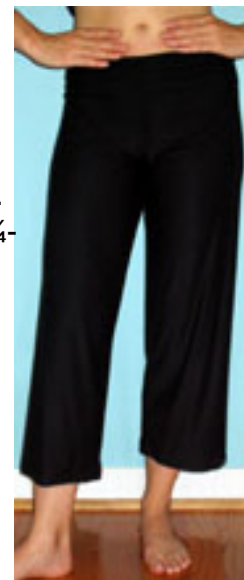
Suddenly, you're striking pigeon pose in the office while no one's looking and spending more time in downward-facing dog than, well, your dog. You love carrying your purple mat under your arm, saying silently to the world, "I am calm! I am flexible! I am yogi!"

One small problem, however. Well, two. Your boyfriend's sweatpants and that ratty tank top that pass for your yogi gear. Functional? Well, kinda...until you started tripping over the too-long bottoms. And ugly? Do we even need to answer that?

Pay a visit to **TranquiliT Boutique**, where you'll discover some ommm...my-gosh-that's-fabulous duds for your practice. Pants to tops, TranquiliT takes the CiCy yogi from coffee to Flow class in a breeze.



You may find that you bare a little more than your soul during those sun salutations – like, say, a bit of your belly and perhaps way more upper arm than you're comfortable with. Toss on **TranquiliT's cross front top** after class: This comfy  $\frac{3}{4}$ -sleeve wrap top can be worn on the town just as easily as on the mat.



Now, about those sweatpants. You know how rolling down your waistband makes you feel, well, skinny? "Oh, these pants are so huge, I have to roll them over just to keep them from slipping off my slender hips?" Check out the **foldover capri pant** – with a BUILT-IN foldover. If yoga doesn't calm you down, we think this will do the trick.

TranquiliT's got a sassy spring line coming up as well – everything from shrugs to asymmetrical tops.

Their signature T-shirts, available in tank tops and a variety of long- and short-sleeved versions, will also become a favorite to toss on before class. You go, CiCy Yogi.

**Need more incentive? Click on this link [<http://www.tranquiliTboutique.com/CiCy>] to get 15% off, valid from April 12-25. Sweet, huh?**

Until next time, ladies...Namaste.

Love ya,

Ci & Cy

**P.S. Special thanks to CiCy Girl Editor, Taylor Bowles, for her contributions!**

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