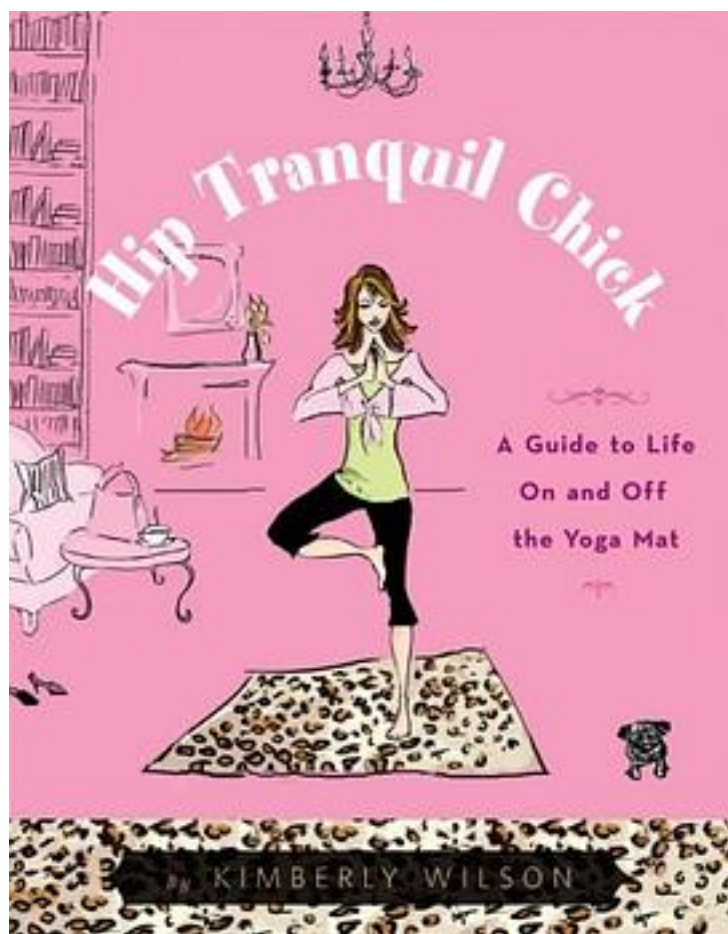


Hip Tranquil Chick



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Hip Tranquil Chick addresses that huge but unacknowledged demographic of fashionistas equally at home at Bergdorf's and the yoga studio. The book is divided into two major sections that cover all bases for the style-minded seeker. "On the Mat"

shares seven must-have modern-girl yoga sequences, such as "Healing Hip Openers" and "Negativity Releasing Heart Openers," and explains yoga philosophy in hip chick language. "Off the Mat" showcases nine ways to become more fabulous and balanced by incorporating yogic qualities like introspection, strength, and flexibility into daily life. The nine lifestyle chapters reveal how to turn on-the-mat wear into on-the-town style, how to create soulful surroundings at home and work, mindful money management, finding a passion-filled career, how strategic soiree-throwing creates community, tips for practicing social consciousness, and more. Each chapter is accompanied by helpful "OMwork" to translate these concepts into reality. Abundant illustrations accentuate the text, and a "savvy sources" section encourages further exploration.

作者介绍:

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标签

生活

瑜伽

评论

老外就喜欢把她们心中的瑜伽和禅跟她们hipster的生活方式联系起来。。。不过可以作为改善生活方式的参考书

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书评

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