



Author Ananda Leeke's Novel Celebrates National Poetry, Jazz Appreciation, and Financial Literacy Month in April

kiamsha.com, llc, March 28, 2008

URL: <http://www.pr9.net/ent/literature/7732march.html>

Ananda Kiamsha Madelyn Leeke, yoga teacher and debut author of powerful women's self-discovery novel, Love's Troubadours - Karma: Book One, to celebrate National Poetry, Jazz Appreciation, and Financial Literacy Month in April with two book readings and two free yoga events in Washington, DC.

PR9.NET March 28, 2008 - Washington, DC - On Wednesday, April 9, the Historical Society of Washington, DC will host a book reading for Ananda Kiamsha Madelyn Leeke, author of Love's Troubadours - Karma: Book One from 6:30 pm to 8:00 pm at 801 K Street, NW, Washington, DC 20001. Leeke will read novel excerpts that celebrate DC neighborhoods, poetry, jazz, and financial literacy in honor of National Poetry, Jazz Appreciation, and Financial Literacy Month. There will be a question and answer session. For more information, visit www.historydc.org.

Leeke will also participate in Heard'em Say Poetry Night (poetry on love and relationships) sponsored by Sigma Gamma Rho Sorority, Inc., Alpha Phi Chapter on April 3 from 7:22pm to 9:00 pm at Sankofa Bookstore Cafe, 2714 Georgia Avenue, NW, Washington, DC 20059. Leeke will read poetry from her novel that celebrates love and relationships.

Leeke will offer two free community yoga events at Malcolm X/Meridian Hill Park on:

1) Saturday, April 12 at 9:00 am to 9:30 am - The short morning practice will honor DC Yoga Week (April 12-18 - www.dcyogaweek.com). During DC Yoga Week, yoga teachers and studios provide opportunities for people living in the DC area to try a yoga class for free or at a reduced cost. Their efforts seek to increase awareness about the benefits of yoga and meditation, and help encourage greater physical health and well-being. Also, check out DC Yoga Week's Yoga on the Mall event on Sunday, April 13 at 1:00 pm to 4:00 pm (meet yoginis and yogis on the northeast corner of the Washington Monument Grounds). For more information, visit www.dcyogaweek.com/mall2008.html.

2) Sunday, April 27, at 11:30 am to 12:00 pm - The short morning yoga practice will be dedicated to National Poetry Month, Earth Day, and Sexual Assault Awareness Month.

The group will practice kind and gentle Hatha yoga in front of the waterfall located near the reflecting pool and park entrance facing 16th Street and Florida Avenue, NW. Each yoga class will last thirty minutes and include an opening meditation, warm-up, kind and gentle poses, and closing meditation. Yoga lovers should bring their own yoga mat and bath towel for seated positions. They should also dress comfortably in loose clothing and avoid drinking or eating two hours before the yoga class. For more information, visit <http://kgyyoga.blogspot.com> and <http://yoga.meetup.com/584>.

Love's Troubadours - Karma: Book One by Ananda Kiamsha Madelyn Leeke tells the story of Karma Francois, a thirtysomething California-born BoHo BAP (Bohemian Black American Princess) with Louisiana roots and urban debutante flair. The book shows how a woman uses therapy, yoga, meditation, art, music, poetry, and support from family and friends to confront the effects of her poor life choices and embrace a spiritual journey of healing and love. The book was published by iUniverse, Inc. and is available through Amazon.com, Barnesandnobles.com, Borders.com, Target.com, and Bookamillion.com.

The novel was written to encourage self-discovery and healing, celebrate poetry and jazz, cultivate financial literacy, illustrate the diversity of loving relationships (straight, lesbian, and gay), emphasize the importance of yoga and meditation practice, and develop HIV/AIDS awareness. It was also written to celebrate Black history, art, culture, and music; Washington, DC neighborhoods such as U Street, Shaw, Adams Morgan and Dupont Circle; and the cultural connections that African Americans share with Africa, Asia, the Caribbean, Europe, and Latin America.

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