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For Immediate Release:

Movement Lab to Host Local Novelist's Launch Party

Baltimore, MD - Movement Lab will celebrate the launch of audiobook *Mary Walks* by local writer and resident teacher Radha on Sunday evening, June 30th, at their studio above R. House in Remington.

Twenty years in the making, *Mary Walks* is an alternate, imaginative view of one of history's most enigmatic young women: Mary, mother of Jesus. Radha's gritty retelling challenges the centuries-old story at the center of mainstream religious beliefs and places the legendary figure into a corporeal body for readers...a body she feels she has no control over, echoing the struggle still felt in present times and is at the center of heated debates. At a time of the feminine rising and women's movements, Mary's story is a universal one being told by millions of women today: violence and sacrifice, choice and empowerment.

As a survivor of childhood sexual abuse and depression, Radha has spent her lifetime reclaiming her body and rewriting her own story. Her process of healing her PTSD through movement is the subject of a 2016 TEDx Talk, viewed over 3,500 times on YouTube. Radha's journey of transformation has helped her to lead others on their own path of self-discovery.

The celebration of novel and writer begins at 7:30pm, with an intimate reading by the author at 8pm. The party is open to the public and [RSVPs](#) are encouraged, although it is a free event. Learn more at www.marywalks.com.

Radha has an MFA in Creative Writing from Goddard College and writes literary fiction for adults and children. Her work has appeared (under the name of Heather Leah Huddleston) in *Forge Journal*, *Reader's Digest*, and other print and online publications. She also works as an AntiGravity®, yoga, and meditation instructor, and as a writing and essence coach. Radha writes, flies, and lives with her fur babies in Baltimore, MD.

Movement Lab is the conception of Lola Manekin: a studio where wellness and fitness are redefined every day.

[Add the event to your calendar](#)