



Ignite YOUR INNER *Passion*

MANA District V

**Please join us for a CRNA gathering
Sponsored by MANA**

**ALL LEVELS YOGA Welcome
with Jessica Crowley**

May 12, 2018 from 4:30 - 6:00 pm

YogaWorks | Severna Park

160 Governor Ritchie Hwy, Severna Park, MD 21146

About Jessica Crowley: I am devoted to the practice and teachings of yoga. I am dedicated to sharing the spiritual values of life. On the mat, I teach skillful anatomical cueing of the body, movement, and philosophy. I love teaching by way of self discovery, when one unveils what yoga means to the self we are able to then carry forth those learnings to share with others. A cohesive and balanced yoga practice unveils a healthy and holistic transformation of self. I am so thankful for all my teachers whom have refined and inspired me on my journey.

Jess teaches at YogaWorks Baltimore. She teaches all levels from beginner to advanced and is an instrumental Leader for 200 Hour Teacher Trainings & 300 Hour Professional Programs for YogaWork's in Baltimore, MD.

RSVP on the MANA website: <http://www.crnasofmd.org/districtvyogaevent>

