



Mariah Rose Crump is a passionate seeker of all things rad, she is the founder of Yoga in the Canyon and has been teaching Yoga and personal enrichment for the last ten years and practicing both for 25 years. She believes that all things begin with gratitude and through that lens we are able to untangle the knots that life creates; so that we can see more clearly and ultimately live our best life. Mariah has committed her life to empowering people to uncover their truest selves through the practice of Yoga and the process of self exploration and ultimately self love and acceptance. At any given time you can find her leading Yoga classes in the tiny river community of Riggins, Idaho encouraging people to find their rad.