

# Strike a Pose

by Jennaye Derge

A Durango visit from Steve Fisher in his Maui Ski Bus this week was, as Fisher described it, was the "yeast" in the "recipe" for a flash yoga mob at the intersection of Main Avenue and College Drive just before rush hour on Monday afternoon. A handful of yogis, as well as a few willing passersby, performed salutations for about 10 minutes while cars and pedestrians looked on. There were even a few encouraging yelps for "downward dog."

The mob was the idea of local yoga instructor Sheryl McGourty and Damiane McMillen, who had been considering it for some time. "Then this guy, Steve with Maui Ski Bus, rolled into town and asked if we'd be interested in doing it while he is in town," said McGourty.

Fisher, a self-proclaimed explorer and well-being enthusiast, travels the United States promoting healthy lifestyles which, yes, includes lots of yoga.



Pedestrians avoid stepping on downward-facing dogs.



Public displays of "cobra".



Sara Keyser with Cedar McGourty-Batchelor and Cedar Newman on top of Fisher's Maui Ski Bus.



Damiane McMillen, front, salutes passersby in front of Michel's crepe stand.



That's one way to use a crosswalk.