

## Mobile Yoga Stretches Around San Antonio

JORDAN GASS-POORE<sup>1</sup> on 6 September, 2013 at 18:00



The wanderings of modern yogi Cassandra Fauss have found her exercising her craft weekly at [The Richter Co.](#) on Broadway and the historic [Hays Street Bridge](#) as part of Mobile Om, a donation-based, traveling yoga school open to all ages and levels of experience.

"The initial thought was I want to spread yoga; I want people to know what it is," Fauss said.

In celebration of [National Yoga Month](#), Mobile Om's [regularly scheduled Monday, Wednesday and Friday](#) classes are accepting mat donations for participants to borrow or take. Classes start at 6 p.m. and 7:30 p.m. check out their schedule [here](#).

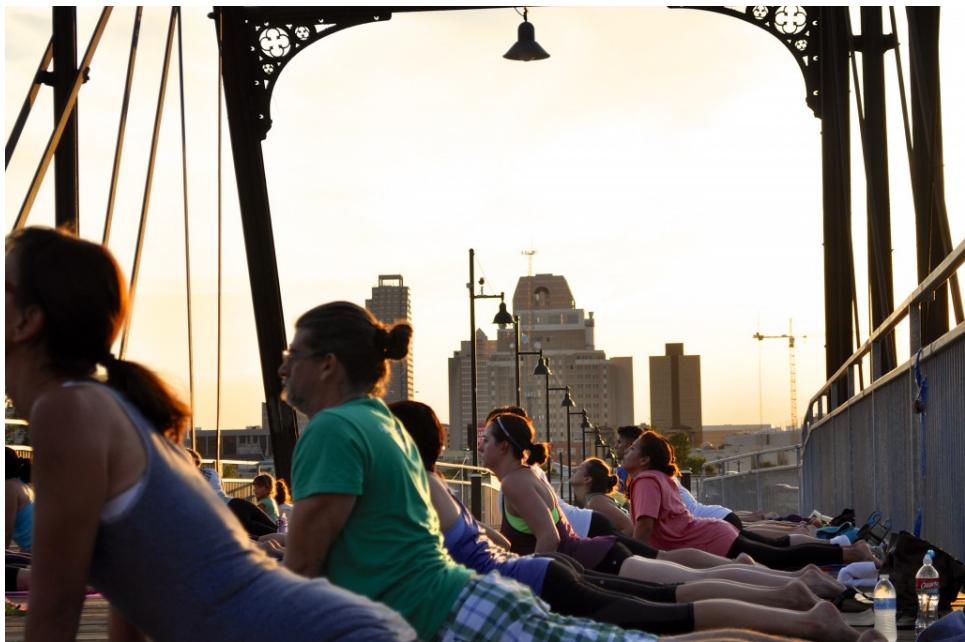


Cassandra Fauss (center) guides yoga students during a recent session on the Hays Street Bridge. Photo by Iris Dimmick.

Inspiration for **Mobile Om** came from Fauss' former boyfriend, who owned a food truck. The idea of not being tied down to a single location fit well into the San Antonio resident's belief that the most sacred space for yoga is the one created within ourselves.

Becoming aware of that space has allowed Fauss, who considered herself to be naturally "very A.D.D. and high strung," to breathe through her problems.

"It was an awakening," she said. "I was not only awakening to my physical body ... my mind started to calm down as well."



Yoga with a view. The sun begins to set over downtown San Antonio during a recent Mobil Om session on the Hays Street Bridge. Photo by Iris Dimmick.

Since its establishment earlier this year, Mobile Om's influence has stretched throughout the city, from local events and employers to private instruction. Fauss said the school also takes inspiring location requests.

It's in this way that Mobile Om has redefined the term upward mobility.

Fauss and the school's other instructors, Lauren Aubrey and Whitney Collins, encourage people to stand tall in such yoga poses as

tree and mountain throughout various parts of San Antonio that may be underutilized or underrepresented.

By doing this Fauss, 30, said yoga is made more accessible to the general public.

"I wanted to get back to (yoga's) roots," she said, adding that yoga originated in India and combines physical, mental and spiritual practices that are utilized for attaining a goal.

Fauss's goal was to relieve chronic back pain, panic attacks and anxiety that had plagued her for years as a result of a high school dance injury and a high-stress film industry job in Dallas.

Sitting at a desk proved to be a detriment to her physical health and resulted in the loss of any core strength she may have retained from 14 years of dance experience, she said.

In an effort to alleviate her physical ailments Fauss enrolled in a Dallas-based daily morning yoga class.

That was eight years ago, but the memory of leaving the studio drenched in sweat, physically and mentally exhausted, is still vivid because of its life changing affect.

"I didn't wake up with back pain anymore," Fauss said.



A recent Mobile Om session at The Richter

Co., 616 Broadway St. Photo by Iris Dimmick.



All ages, shapes and sizes welcome at Mobile Om. Photo by Iris Dimmick.

It was there that the Texas Christian University alumna practiced for four years before deciding to work toward a yoga teacher certification.

"I wanted to deepen my own practice," said Fauss. "I didn't intend to be a teacher."

After moving to San Antonio, she began working at AC Power Yoga, where the owner and instructor "re-inspired" her. She has since payed it forward to several new students and friends.

Lauren Jerralds took a class from Fauss several years ago and has since followed her to different studios and now to where ever Fauss' green Volkswagen van will take her. The whole operation is literally mobile.



Cassandra Fauss and the Mobile Om van. Photo courtesy of [Mobile Om's Facebook page](#).

"She's inspirational ... It's more than a yoga class, her personality makes her instruction interesting," Jerralds said. "The great locations really add to it, too."



The uncommon locations also add a stronger sense of connection to the community. Instead of a complete escape in a quiet "yoga room," Mobile Om is a sort of an emersion experience – especially when the train barrels below the bridge at 50 miles per hour while you're meditating (or attempting to).

Fauss credited the San Antonio community as a source of inspiration as well. She said there's been overwhelming support for Mobile Om, which averages about 40 people each class. "There are a few regulars and we get new people every week," she said.



Just enough space for Mobile Om in Richter Co.'s lobby. Photo by Iris Dimmick.

Even though Fauss no longer teaches at AC Power Yoga, she still considers its owner a mentor, whose style continues to "speak to her."

Fauss recommended that people find a style of yoga that speaks to them because the practices aren't just for "flexible, skinny people."

By working at [Lululemon Athletica](#) as an assistant manager, Fauss said she has gained the confidence and the skills to start Mobile Om, which she hopes will become a full-time job and eventually find a home in a local yoga studio.

"I feel like San Antonio's on the cusp of so much growth right now," she said.

*Jordan Gass-Poore' is an English/mass communication senior at Texas State University- San Marcos. She began her work as a paid intern for The Rivard Report in June 2013. Her previous and current intern experience includes the [New Braunfels Herald-Zeitung](#), [The Austin Chronicle](#), [Slackerwood](#) and the [Austin American-Statesman](#), among others. If she's not writing or sitting outside of her favorite local coffee shop drinking a Shyster (a delicious espresso-sugar-dairy concoction), you can catch her watching episodes of her favorite television series, "Battlestar Galactica." Contact Jordan via [jgasspoore@gmail.com](mailto:jgasspoore@gmail.com) or follow her on Twitter @jgasspoore.*

## RELATED STORIES:

[SATX Pedal Power Cycle-In Cinema Blazes New Trails in Alamo City](#)

[SicloVerde: Riding Bikes, Visiting Gardens For a Cause](#)

[Downtown Kickball: Why Not?](#)

[Kayaking in King William and Along the Mission Reach](#)

[People Want a Park: San Antonio's Passion for Hemisfair](#)

[San Antonio's Big Bet on Public Art: Hemisfair Park and the San Antonio River](#)

[Building a Bicycle-Friendly San Antonio, One Committe Meeting at a Time](#)

[Colliding Canoes, a Paddling Congressman, and July 4th Fun](#)

[The Feed: Show Down + SícloVía = Fit City, USA](#)

CATEGORIES	ARTS & CULTURE	ENTERTAINMENT & NIGHTLIFE	FITNESS	HEALTH & WELLNESS
TAGGED	CREATIVE BUSINESS	HEALTH & FITNESS	JORDAN GASS POORE	MOBILE OM



419

**JORDAN GASS-POORE'**

A former Rivard Report intern, Jordan Gass-Poore' is now interning at The Los Angeles News Group in California. She is an English/mass communication senior at Texas State University. She has also worked as a paid intern for LMG Communications. AT&T is a client of LMG Communications. Jordan's previous and current intern experience includes the New Braunfels Herald-Zeitung, The Austin Chronicle, Slackerwood and the Austin American-Statesman, among others. Contact Jordan via [jgasspoore@gmail.com](mailto:jgasspoore@gmail.com).

[TWITTER](#)

[PREVIOUS ARTICLE](#)

**UPDATED: AMID REJOICING AND RANCOR, SAN ANTONIO PASSES LGBT PROTECTIONS**

[NEXT ARTICLE](#)

**THE FEED: TUNED IN AND TUNED OUT**

THERE ARE 4 COMMENTS

[ADD YOURS](#)



**SHERRY DISDIER** on 6 September, 2013 at 09:26

[Reply](#)

I love this idea!

And I invite Cassandra to bring Mobile Om to La Villita. The Little Village has 3 spacious shaded Plazas, a tree lined Villita Street, and the historic Cos House Courtyard. All would becalm. La Villita welcomes all yogis.



**CHRISTINE SYKES** on 6 September, 2013 at 11:31

[Reply](#)

I live on the southwest side of town now (towards Castroville), I would love for her to roll this direction sometime! Any chance?



**NELLY** on 6 July, 2015 at 23:05

[Reply](#)

There are regular free yoga sessions at Mission Park Pavilions <https://trytopic.com/mission-park-pavilions>. The park is beautiful, doing yoga there is a kind of experience you don't want to miss.



**JENNIFER FALLON** on 21 July, 2015 at 15:23

[Reply](#)

Nelly, thank you for sharing!

**POST A NEW COMMENT**

*Message*

SEND

Notify me of follow-up comments by email.

Notify me of new posts by email.

## SIGN UP FOR WEEKLY REPORT:

Enter your email address..



## LATEST COMMENTS

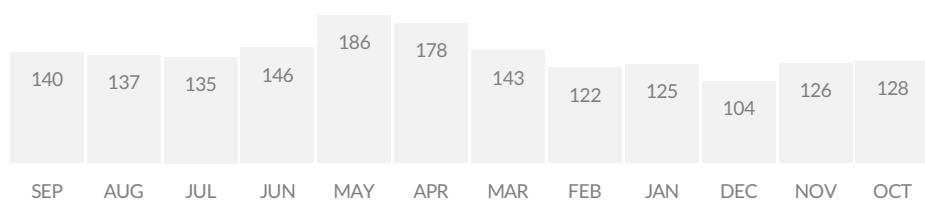
- WALLY RAY SPARKS** on 25 Sep  
UNION PACIFIC HALTS 'GHOST TRACKS' PROJECT
- That's because UP is paying a deceased CEO'S estate \$51,000.000.00 annually for the next few years! Source: 2015 Annual Report [Prospectus].*
- 
- JOEY** on 25 Sep  
CITY, POLICE UNION STALL OVER EVERGREEN CLAUSE
- Why would the city use the evergreen as leverage then turn around and sue to invalidate it. And I'm not sure what types of[...]*
- 
- MARI RUIZ VIA FACEBOOK** on 25 Sep  
JANE GOODALL VISITS TRINITY, SOWS SEEDS OF HOPE
- It was such an honor to hear her speak, and to meet her even if it was just briefly. :)*
- 

The Rivard Report  
11,222 likes

[Like Page](#) [Sign Up](#)

Be the first of your friends to like this

□



[BACK TO TOP](#)

## SUBMISSIONS TO RR

We hope to make you part of the Rivard Report. Interested? Contact us via email [hello@rivardreport.com](mailto:hello@rivardreport.com) to submit an article or opinion piece, photographs or a video. We'll post the best submissions, whether you're 18 or 80. See our [submission guidelines](#).

## TOPICS

Gov & Politics

Education

Arts & Culture

Eco

Business & Tech

Urban Life

Health & Wellness

Events

## CONNECT WITH US



## SEARCH

Search...



## LATEST TWEETS

Twitter said: "Could not authenticate you."

## SIGN UP FOR WEEKLY REPORT:

Enter your email address..

