

Mandala Spa & Villas

Boracay Island

Yoga Instructor Profile Louise Ravelo



*"When life gets tight, just breathe."
- Louise Ravelo*

A Boracay resident since 1993, Louise Ravelo, is known as "the good spirit of the island". Louise gets her inspiration from her two adorable, amusing little girls.

After earning a Bachelor of Arts degree in Broadcast Communication Arts at the San Francisco State University, she leaves the city by the bay for a paradise island. Drawn to nature, she finds herself on the island, devoting her early years to teaching scuba, which remains a great passion. And then she discovers yoga during a backpacking trip in India. Louise seeks out a hatha yoga ashram in India in 1999 which she continues to practice today. In 2003, she returns to India to pursue a teachers training degree from Sivananda Yoga Vedanta ashram where she returned in 2004 for advanced teachers' training. She has had the privilege of practicing Ashtanga yoga in Mysore India with B.N.S. Iyengar and with David Swenson in 2004.

Louise describes her yoga practice as "coming home." For her, personal yoga practice is the natural thing to do and teaching it, is following an inner calling.