

# Mandala Spa & Villas

Boracay Island

## Yoga Instructor Profile Nicole Honasan



*"Let your heart lead." – Nicole Honasan*

*"Yoga found me at Mandala Spa in 2005. After completing a two-year, 200 hour teacher training in 2011, my practice & teaching are now deeply rooted in Anusara Yoga, a school of Hatha which combines the heart-opening Tantric philosophy with universal principles of alignment; earlier in 2008 I received my certification from the Sivananda Yoga Vedanta Ashram in India.*

*What brought me to the mat is the place where I want to serve from. Yoga has given me the courage to follow my heart and this is what inspires me to share it so others can do the same."*

The three and a half years working experience at the resort has created a significant influence on Nicole who is now a certified teacher and a true enthusiast of yoga. Nicole had learned the art of Watsu from Mandala Spa and Villas' very own pioneer instructor Karen Neff. For Nicole, Watsu is a profound and deeply personal experience and that to be able to give it is quite a gift. Currently Nicole visit Mandala once a week to teach yoga to its employees.