

# My first Baby: Boharetreat



- To honour my first business partner -

Everything started when I was working as waitress at Houston Laval (Those were crazy years!! ahah I discovered after couple of years that people thought I was on cocaine...ME ...on cocain...Call it Allergies For Sara.)

I was looking for a way to stay healthy from all those long nights with too many Jameson's shots. I finally found the yoga studio now called Asha Yoga Laval. This is where I found Vanessa Vieira.

It's crazy how the road just brought us together effortlessly , and eventually, how she ended up putting my next partner Damian on my path. She really was and is the best yoga teacher I met since today.

I keep the love story for later ;)

This amazing Portuguese woman made me want to teach, to get in there and to share every part of myself. She was so passionate, authentic and real.

You could feel that her purpose teaching us was much bigger than herself and we could feel ALL OF IT in the class. I was a fan! I wanted to kill her a lot of

time during the class of course...but Dammmmm she knows how to make you mentally work your patterns.



I will always remember that class where we were doing the "goddess squats" 4EVER. I was exhausted, all wet, telling myself: I'M DONE... Fuck that! Savasana (Which is basically laying down and do nothing) The group was tired in general, we could feel the energy going down.... but not Vanessa. No No No! She was ON!

She is an opportunist and saw how to shift this. She told us while we were having a breathe all about the benefit of the movement we were doing,

statistics about how many people can't do those movements because of accidents, injuries, brain's disjunctions, etc.

Then she told us: ***"I know you are tired, but I want us to make 30 more squat for those people who would pay so much to have only the freedom of moving that way... We will do those 30 squat for them, to honour them in their limits and give them courage and strength."***

I felt so much energy coming through my body, the whole class was different... we were BACK ON! We were doing this for something bigger than ourselves and giving those squats from the bottom of our heart.

I will always remember how people were so strong, like warriors, focus, on a mission. It was incredible!!! She then told us: "Do you see now how your mind can serve you or bring you down? Do you see how it's important to get better control on our mind?" I knew that woman was special, but now I was like... I feel her. I feel her heart and her wisdom, her will, her power. So much respect for the strength of her communication, if you know her.. you know!

*\*If you were in that class and you remember, please reach out and comments please*



***I started my journey with yoga,*** learning, getting my teacher training, traveling. Every time I needed to be replaced in my classes, I was asking Vanessa. I could have been scared that people prefer her class and ask someone else but I didn't. I knew she was working so hard and I was honoured to give her well the good gigs that I got. It was a way to give back, to share with her like I could.

One day I had a contract in a Business team building weekend for acro-yoga and meditation. I needed someone good, fast learner. Someone that I could count on. I asked Vanessa! We met 1 time for like 1h30min... it was done! EASY PEASY!

While playing around, I asked her randomly: Hey would you like to make a retreat with me in Nicaragua? She said spontaneously: "HELL YESS!!!"

***SHE SAID YESS!!!!!! :0***

She never did my class, she didn't know me that well and she was all in! We sold out that retreat in 11 hours. I wasn't gonna do a yoga retreat alone, I didn't feel confident enough in my practice and teaching for that. She told me that it was a dream of hers but she was not really confident in the traveling, organisation in other country, numbers, etc. We were made for each other. The magic happen! The journey of boharetreat.com began. We knew it would be amazing, but I don't think we really understood how magical those events of transformations would be. ( For the participants and for ourselves)

As of today August 6th 2023, we hosted 9 International Retreats. We have Damian Sansoni on board since the pandemic and we are creating this first ELEMENT retreat the 3 of us to JOIN FORCES.

Everything is possible and I still feel like this is the beginning..



5 Years Later now, she is still my soul sister, business partner, friend, teacher, mentor and little sister at the same time. I hope you can be part of our venture to experience this together.

We hold each other, We support each other, We are one

**[www.boharetreast.com](http://www.boharetreast.com)**

Mexico - Oaxaca: <https://www.youtube.com/watch?v=4bDGRItP9X4>

Nicaragua - El Transito: <https://www.youtube.com/watch?v=LtR2vLEKwT8>



# ELEMENTAL RETREAT

25TH NOV - 1ST DEC 2023

CHENUYIL, MEXICO  
IN THE MAYAN JUNGLE

**Meditation - Yoga - Workshops**

**Ice Bath - Temazcal - Cacao Ceremony**

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