

# SaraAnnComte



## LIVE. CREATE. ADVENTURE.

Sara Ann Comte is an author, yogi, wife, mom, Christian, and life adventurer. She shares her passions, thoughts, faith, learnings, and convictions through content creations, writing, and yoga practices.

Sara's mission To inspire and help others live life with curiosity and joy, and bravely and boldly embrace new experiences as life leads to unexpected journeys.

Through her blog, yoga practice, books, and Instagram, Sara shares her life, including failures and successes, joys and pains, heartaches, adventures, and more. She invites her audience to journey into the unknown, enjoy discovery, leap into adventure, and take risks that will help them recognize and embrace their worth, potential, and beautiful selves.

## CONTENT/PLATFORMS

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