



Ascend

YOGA TEACHER TRAINING

200 HOUR YTT AUGUST 30TH 2025 – JANUARY 10TH 2026
"THEE LIFT ME & I'LL LIFT THEE & WE'LL ASCEND TOGETHER"

-Quaker Proverb

Our goal is to teach yoga with dedication and discipline, helping you grow in your yoga journey, whether that includes becoming a teacher, or just furthering your understanding of what yoga truly is. In a supportive space, you'll deepen your practice, gain new skills, and embrace your path. This journey will challenge, empower, and uplift you.



Tara Martell (lead trainer)

Tara has been certified in Yoga for over 17 years, and has been doing yoga teacher trainings for over 13 years with hundreds of students from around the world. Tara is excited and passionate to share in this experience.

Payment Options

- Pay-in-full \$2900 by 8/1/25 (Those with our Annual and Monthly memberships \$2900)
- \$3100
 - \$500 down
 - 4 equal payments of \$650



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*next to Verrado HS

Go to YogaAscension.com for details