



200 Hour Yoga Teacher Training

August 15, 2026 - January 9, 2027

“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 18 years, and has been doing yoga teacher trainings for over 14 years with hundreds of students from around the world. Tara is excited and passionate to share in this experience.

Payment Options <https://momence.com/l/ymhGgR1J>

✦ \$3150 Pay-In-Full by August 1, 2026 *Early Bird Pricing

Or

✦ \$3250

➡ \$500 Down

➡ 4-equal payments of \$687.50



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