



Ascend

YOGA TEACHER TRAINING

300 HOUR YTT

JULY 18TH – APRIL 11TH

"THEE LIFT ME & I'LL LIFT THEE & WE'LL ASCEND TOGETHER"
-Quaker Proverb

- Monday nights 5:15-8:45pm
- NO classes in December
- One Weekend a Month
 - Fridays ~ 5:15-8:45pm
 - Saturdays ~ 10-3:30pm
 - Sundays ~ 11-4pm

It all begins with a 5-day intensive course, which can be purchased on it's own for CE credit.

This 5 days includes Sound Training by Hamid, and a full led Primary Series, Advanced Adjustments, and chanting by Cheryl. 1-day \$150 Drop-ins are available for Cheryl and Hamid's training, but you MUST register in advance.

7/18/25 12-6pm
7/19/25 9-6:15
7/20/25 9-4pm
7/21/25 9-4pm
7/22/25 5:15pm-8:15pm

*To participate you must have completed, or are currently in a 200hour training, or be a seasoned practitioner.

Our goal is to teach yoga with dedication and discipline, helping you grow into both a skilled teacher and an inspiring yogi. In a supportive space, guided by passionate instructors, you'll deepen your practice, gain new skills, and embrace your path. This journey will challenge, empower, and uplift you.

Special Guest Teachers

- Hamid Jabbar - Sound Training
 - Cheryl Oliver - Primary Series, Advance Adjustments, Chanting
- And our very own:
- Ashley - Strength
 - Emily - Energetics
 - Jeannette - Build
 - Jenny - Align
 - Sara - Expand



Weekend ONLY Intensive Options

- 1 weekend a month there will be a Friday, Saturday, and Sunday intensive course. If you aren't able to do the entire course, you can still get CE credit for coming to one or more of these weekends.



Tara Martell (lead trainer)

Tara has been certified in Yoga for over 18 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 \$3700 if paid in full by May 31st, 2025
- \$3850 after May 31, 2025
 - \$500 non-refundable deposit
 - 4 equal payments of \$837.50 every 28 days.



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*next to Verrado HS

Go to [YOGAASCENSION.COM](https://YogaAscension.com) FOR DETAILS