

The Ascension Method



Fitness for your Highest Self

~ Tone with Tati ~

What is it?

The Ascension Method is a 6 month transformational wellness experience encompassing: fitness, nutrition, accountability, and community - all the things you need for success! This is the perfect program to up-level your fitness routine, challenge yourself in new ways, and experience results that will get you addicted to the process. I am not about making false promises to ANYONE, but I KNOW if you stick to these workouts and eat nutrient dense foods, this program WILL lead you to the results you crave.

Along with pushing yourself through weekly workouts, we will have a monthly check-in call where we can connect in real time and have open, vulneravble discussions around topics like fitness, gymtimidation, nutrition, empowerment, hormone health, and spirituality! PLUS, as a bonus, being in this program you'll get FREE access to a once-a-month in person event! This seasons events include:

- a beautiful hike + self love workshop
- yoga class
- sound bath
- breathwork experience
- cacao ceremony
- dance class

What you get?

- Access to my personalized training app
 - Here you will view your weekly workouts! (and holy sh*t these ones are fire!) In this program we will be aiming to complete 4 workouts each week! The app is complete with videos of me doing each exercise so you're never worried or confused doing them on your own when you're at the gym!
 - You also will be able to store progress photos here to track your changes as well as record your PRs to avoid plateaus
- A monthly Zoom accountability call
- Access to your "soul support sisters" who will be connecting with you through our on-going group message and monthly calls
- Access to ME as a personal trainer in your back-pocket who will be here to hold you accountable and facilitate your transformation
- BONUS: access to a monthly in person event to further connect with your people and drop into the process

tonewithtati.com | Tatiana Koval | @lotsoftotss

Who is it good for?

This program is for you if...

- you are truly committed to pushing yourself, working hard, and seeing some serious shifts occur
- you want a fitness mentor who will hold you accountable in completing your workouts
- you want to lift your booty, tighten your abs, and lean out your arms
- you are craving a sense of community
- you want to be confident in your workout routine and exercise splits, and to know that the exercises you're doing will get you results
- you want a more affordable program (I'll be completely honest, this program is less expensive than any other program I have hosted, because I want to have the opportunity to work with a wider range of women from a variety of backgrounds and statuses. I know price can be a huge factor and with this program I want you to be committed to your fitness journey without feeling like it's overwhelming on your finances.)

**This program is for intermediate to advanced lifters. If you are a beginner this program may not be best for you because the workouts are going to be a push! (If you're unsure please feel free to DM me @lotsoftotss)

This is also a Gym based program, not home based. (If your gym does not have certain equipment used in the program I am happy to supply exercise substitutions in the group chat.)

One thing I would like to Highlight

- This program is extremely in depth, clear, concise, and motivating, however it is a **fitness** program. We will be discussing important nutrition principles on the Zoom calls but this specific program **does not** include personalized nutrition coaching
- This program does offer an **"add on"** if you do want a **personalized macro meal plan** from me
- If you think you need more hands on guidance when it comes to your nutrition please check out the "macro meal plan add on" or the programs titled "Go Getter" and "Food for the Soul" on my website,

How is this different than other programs out there?

This program is so different than other programs on the market because:

- It is designed AND hosted by me, not other assistant coaches, AND you will have access to me throughout if you need support, or have questions.
- This program is about results, not flash. It will not require you to do vastly intricate and complicated moves from day to day, but it will require you to push yourself out of your comfort zone which will increase your strength and confidence, ultimately leading to big changes in the physical body.
- This is a mind, body, spirit, commUNITY program. It is so much more than just fitness. We will be healing your relationship with food, feeling empowered in our body, focusing on our energy, connecting with each other, and attracting more of the positive things we desire into our lives.

Investment

- \$222/month for 6 months or \$1200 in full if purchased after April 20
 - Purchase Monthly Payment Plan [HERE](#)
 - Pay in Full [HERE](#)
- **EARLY BIRD PRICING ->** \$200/month for 6 months or \$1000 in full if purchased before April 20
 - Purchase monthly plan [HERE](#) and use discount code "earlybird22"
 - Pay in Full [HERE](#) and use discount code "earlybird1000"
- Personalized Macro Meal Plan add on: \$250 due with purchase
 - This includes; a macro tracking guide, your personalized macronutrient profile, videos that explain how to track your food, a sample meal plan, recipes, & an additional Zoom call where we discuss all things macronutrients + I answer all your questions!
 - [Click Here to Purchase](#)
- It is my intention with the pricing of this program that you are able to join, without the pressure of overwhelming cost, once you sign up for The Ascension Method, I want your focus to be on becoming the most healthy, fit, vibrant version of yourself, not on how you will pay for your monthly subscription. This is why this program is significantly less expensive than the other programs on my site, however it will still provide the same value + support. For this reason I am also offering 2 full, and 3 partial scholarships! To apply you must identify as BIPOC, single mom, or be a full time student. If you interested in applying please click [HERE](#)