



Hello, I'm

Desi Bartlett

MS CPT E-RYT

## About me

Desi Bartlett MS CPT E-RYT, has been teaching health and wellness for over 25 years.

She is a dynamic motivator and widely sought-after international presenter, spokesperson, and on camera talent. Her innovative approach to teaching is to tap into one's inner joy and let movement be an outer expression of that state. Originally from Chicago, she has earned a degree in Kinesiology, a minor in dance, her Master's degree in Corporate Fitness, and is currently pursuing her doctoral degree. Desi holds advanced certifications in Yoga, Personal Training, Pre & Post Natal Fitness, and Group Fitness.

She is also a continuing education provider through Yoga Alliance, the National Academy of Sports Medicine and the National Council for Personal Trainers. Desi has worked with several large companies, including Manduka, Gaiam, Equinox, Yogaworks, the US Navy, Mattel, and Ashley Tisdale's Frenshe.

Dynamic Motivator



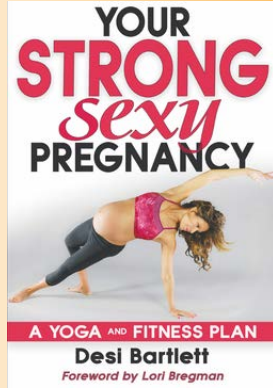
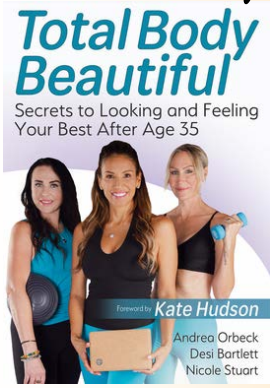
Global Ambassador



Innovative Creator



# Author



# Product Designer



Total Body Beautiful: Secrets to Looking and Feeling Your Best After age 35  
 Your Strong Sexy Pregnancy: A Yoga and Fitness Guide  
 Published with Human Kinetics. Internationally published in the US, UK, Canada, Korea

Desi has worked with several large companies and has helped to design several fitness and yoga products on the market including the eko equa Luna mat with Manduka

# Previous Brand Collaborations



frenshe



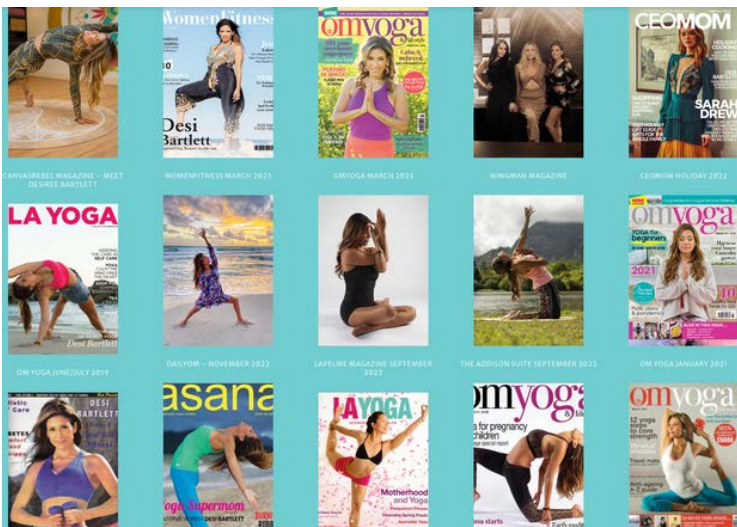
INBLOOM

little spoon



BEACHBODY

# Publication Contributions





# Event & Media Appearances



# @MOTHERSINTOLIVINGFIT

**62.4K**  
INSTAGRAM  
FOLLOWERS

**2.37K**  
YOUTUBE  
SUBSCRIBERS

 67%  
 33%



56% US  
6.5% India  
3.5% UK

**41K**  
Account  
Reach

**36k**  
Top Reel  
Reach

*Let's Work Together*



Content Collaborations  
Brand Partnerships



Social Media  
Takeovers & Collabs



Speaker & Event  
Appearance



Teaching / Educator  
Opportunities

*Contact Me*

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[@mothersintolivingfit](https://@mothersintolivingfit)



[youtube.com/user/desibartlett](https://youtube.com/user/desibartlett)