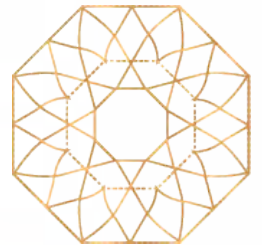




*Uplifted\**

*Here's a quick  
snapshot of  
my teaching  
journey!*

***Would love  
to be a part  
of yours!***





For those of you who don't know me, an extra-huge welcome! Please let me introduce myself: I'm Brett Larkin, founder of **Uplifted™ Yoga** and creator of this Uplifted™ Yoga Teacher Training program. I'm so honored to be a part of your due diligence, whether you ultimately decide do my YTT or someone else's. Picking a YTT is a huge deal! It's a massive investment of time and money. And guess what?

Taking the right training can **change your life**.

I think people underestimate what a TRANSFORMATIVE experience this can be- IE you're with a **trusted** teacher in a **nurturing community**.

I remember when I took the leap and enrolled in my first YTT so many years ago. It felt like I was at the start of something BIG - investing in myself, my passions, and stepping into my role as a **leader** and a **healer** for the very first time.

Now, I'm here in service of **YOU**.

[BRETTLARKIN.COM/500YTT](https://brettlarkin.com/500YTT)

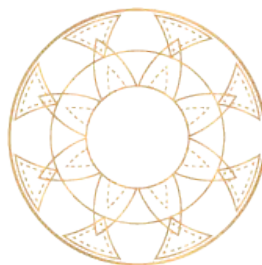


# 2008

I do my first (of three) trips to India, **studying with ISHTA Yoga founder Yogiraj Alan Finger** (one of the original co-founders of Yogaworks). ISHTA stands for Integrated Science of Tantra Hatha and Ayurveda. I complete my first YTT (wish I had video recordings of all the lectures so I could pause and rewind). The goal is to deepen my personal practice. I never imagine I'll actually teach!



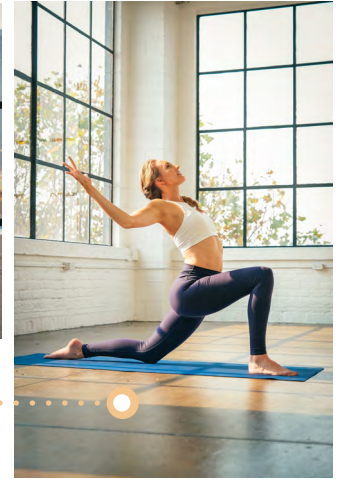
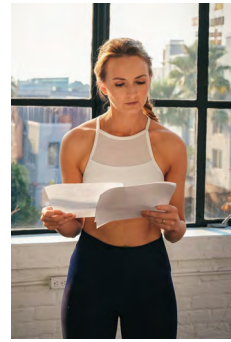
# 2010



After LOTS of journaling, coaching, and mindset work, I gain the courage to film classes and teach locally (usually to rooms of only 3 or 4 students). I spend the next four years answering the question: ***"How do I share the power of yoga with more people and make this more fulfilling spiritually and financially — for all of us?"***

# 2014

After learning the ins-and-outs of the yoga studio system, privates and corporates, I'm **teaching** packed prime-time classes in **downtown San Francisco** and at companies like **Google & Pinterest**. My schedule is full and my yoga income is strong and steady. Due to some serious money-mindset blocks, I work double-shifts: hanging on to my full-time tech job while building a full-time yoga business. But I DO transition to working my IT job from home.



# 2015



With newfound confidence (and money earned to invest in my education), I follow another lifelong dream. I deepen my knowledge of anatomy and the body through massage education. There I find my next true love after yoga - **Myofascial Release**. If you don't know what that is, don't worry. I'll demystify why it's so integral to looking at bodies and understanding the **WHOLE** person from a holistic point of view. It's like gaining X-ray vision! We unpack the science and teaching of Myofascial Release in training — another **key differentiator**. This is an expertise that's in huge demand. Radiating confidence in both my work life and personal life, I make a big leap — and wed my wonderful partner Jake.



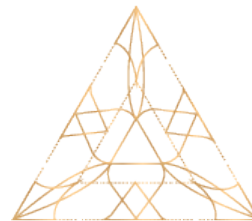
# 2016

Surprise, Brett! Out of the blue, I win **Youtube's "Next Up Award"** as one of 30 channels globally Youtube wants to invest in. At this point, I had 70,000 subscribers. Youtube flies me to LA, buys camera and lighting equipment for me, and brings in Hollywood experts to take my filmmaking skills to the next level. With this validation, I **KNOW** I want to focus **solely on online**, and work to **perfect the art of learning and teaching yoga DIGITALLY** for students around the world. I finally uncover my life's purpose!

**You** **Tube** NextUp



# 2017



The first Uplifted™ 200-Hour Yoga Teacher Training launches (after drinking many late-night chai to perfect the manual). Between publishing my yoga journals, growing a successful yoga membership site leveraging my Youtube channel, podcasting, and creating digital products and apps, **I hit six figures in revenue**, and wave my tech job goodbye.

Another surprise: ***Hello Baby Larkin!***

# 2018

**I hit seven figures in revenue.** I build a yoga film studio in my garage, and celebrate! This becomes a bittersweet time. I'm primary caregiver for my father with terminal illness, and primary caregiver for my active one-year-old son. I soon lose my beloved father to cancer.



# 2019

*Uplifted*  
**300/500**  
HOUR ONLINE  
YOGA TEACHER TRAINING

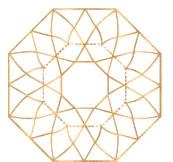


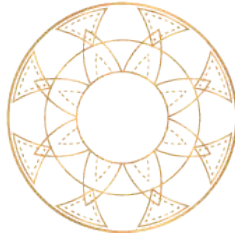
Hundreds of graduates from our 200-Hour Online Training are pining for the program's supportive live calls and the warm group interaction of our Uplifted™ community.

**Anodea Judith, Ph.D., Alan Finger,** and **Stanford Business School Coach Lauren Zander** all sign on to help me create a new 300/500-Hour Online Training for yoga teachers.

# 2020

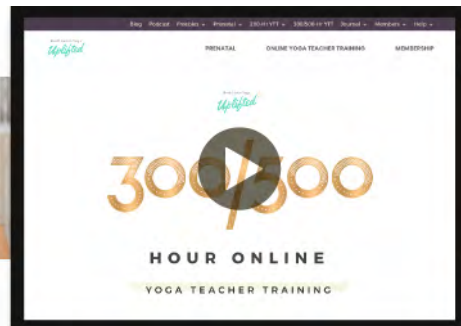
Voila! **The 500-Hour Yoga Training**, a unique way certified yoga teachers can access material from both our 200-Hour and 300/500-Hour trainings is unveiled (with direct access to me). I designed this as an option for those who want to pursue certification with **maximum flexibility**.





*I'd love to help you evolve  
YOUR teaching journey.*

*Watch Sample Videos from the Training  
[Here!](#)*



**BRETTLARKIN.COM/500YTT**