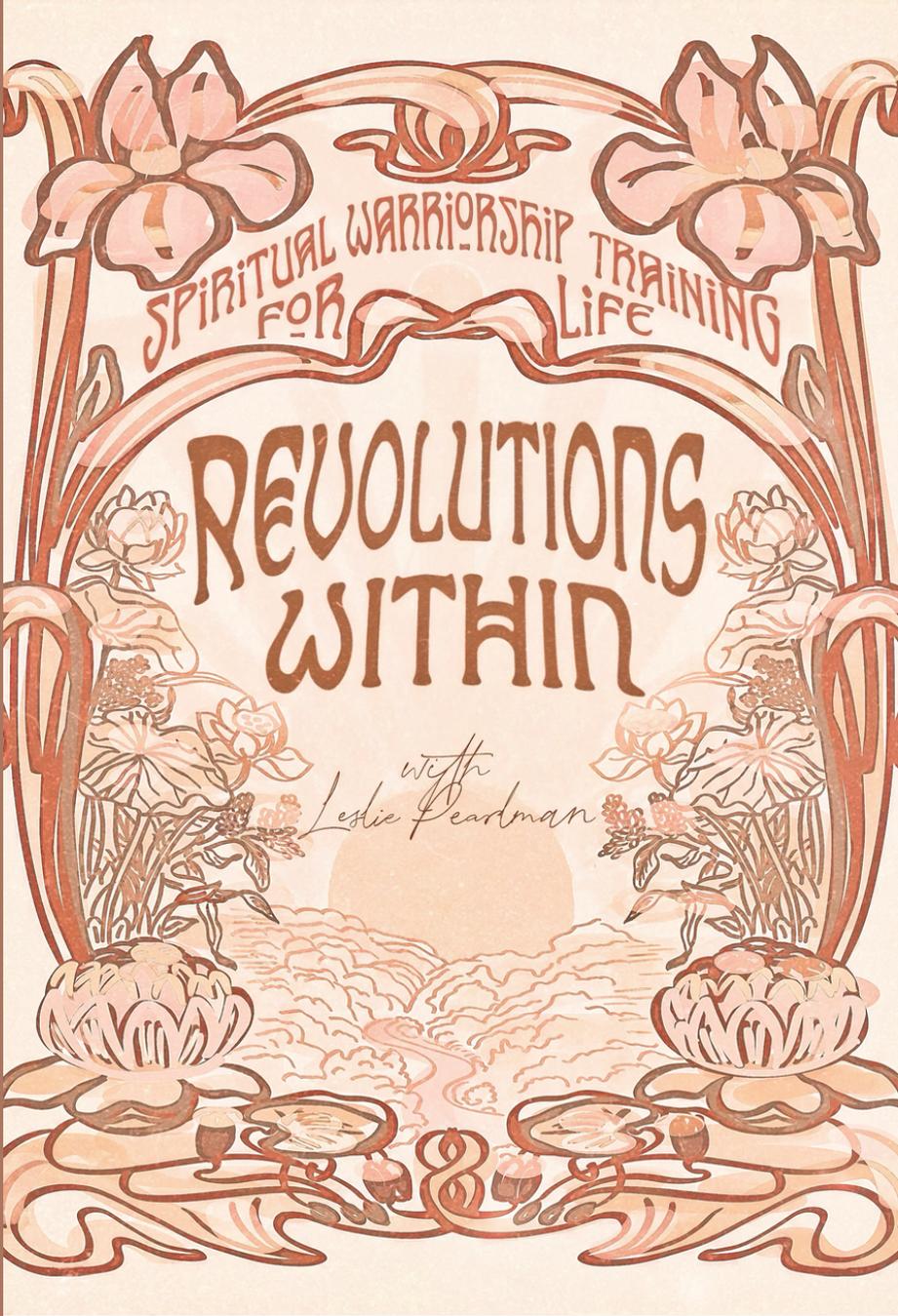


APPLICATION CALL GUIDE



APPLICATION CALL GUIDE



[goodgroundyoga.com/apply](https://goodgroundyoga.com/apply)

## HELLO AND WELCOME.

I want to acknowledge you from the outset. I know what it takes to put yourself out there. To invest your time and energy in your growth and transformation and what it takes to find the right training and mentor for you.

That is why I created this guide-- not only to help you get the most out of the application process (where we take an honest look at the challenges and roadblocks you are facing in your life on and off the mat) but to also help you understand more about my methodology and approach.

This process will help you decide if Revolutions Within is right for you (and if you feel we are not a good fit--no worries. Just let me know and we can cancel the application call if one is already scheduled).

If you are just jumping into the application process and haven't scheduled a call yet, use the link and the end of this guide to schedule one and meet with me.

In this guide, you will find information on (1) exactly how Revolutions Within will help you design your life as a masterpiece and (2) how to prepare for your application call and get the most out of it.

I see you courageous, audacious, warrior, and can't wait to get started.

love love love,

*Leslie Pearlman*

*Owner, Good Ground Yoga*

# IS THIS YOU?



## **YOU LOVE THE STRONG & EMBODIED PERSON YOU ARE ON THE YOGA MAT**

... yet in real life, you forget to ally with your glorious, wrinkled, jiggly, tattered, wounded, resilient, holy self so you can flourish in every challenge before you.



## **YOU WERE BORN TO CREATE MAGIC & YOU ARE READY TO TRUST YOUR VISIONS**

... no more dipping your toe in the water and teeter-tottering yourself into doubt and indecision.



## **YOU CARE DEEPLY ABOUT OTHERS & IT'S TIME TO PUT YOUR NEEDS FRONT AND CENTER**

... you're done believing that self-sacrifice is akin to saintliness no matter how many Olympic Gold Medals you have accumulated up to this point.

I know you are ready to learn how to be the calm, grounded, clear-headed, embodied, and resilient person you are on the yoga mat when your toddler is having a fit, your spouse is driving you crazy or you're mustering up the courage to say something you have never spoken before.

Because you are a Spiritual Warrior and once you meet this force of nature– the old you will never suffice again.

The problem? You keep thinking that just because you practice yoga (or even graduated from yoga teacher training) this happens automatically. And that there is something wrong with you if you can't stay calm and centered in your daily life or go after your dreams despite all the yoga you do.

# I know what it's like to feel like a **spiritual fraud** --- despite all the time you spend on your yoga mat.

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Being able to sustain that feeling you get on the mat and to remember to use the tools you develop on the mat is a very specific practice in and of itself.

It does not just happen by happenstance or by default.

I believe that this inexplicable feeling you get on the yoga mat-- no matter how fleeting it may be --

**is who you actually are all the time.**

It is the essence of your true nature.

The problem is you just don't know how to sustain it outside of the controlled and safe container of the 4 corners of a rubber sticky mat.

You have to learn HOW to use the mat as a laboratory to build your spiritual muscle so that it works as the glue to keep your messy and perfectly imperfect self together.

This is **Spiritual Warriorship**-- when you can take the practices and lessons you master on the mat into your life so you can lead with courage, strength, resilience, patience, and compassion.

**Think of it as yoga training for LIFE!**

# I HAVE BEEN THERE TOO.

I know what it feels like to be tested by life and feel like all the work you have done to keep yourself grounded can be eviscerated in a split second.

To forget every single tool you have developed on the yoga mat and feel like a spiritual fraud.

I spent years beating myself up even while owning a thriving yoga studio, running sold-out teacher trainings, and being handpicked by one of the most renowned yoga teachers in the world to become a Master Teacher of the lineage.

Like you, I know what it's like to cling to the 4 corners of my yoga mat thinking this is going to save me (cut to me bashing the side of my ex-husband's pickup truck with a slipper from Target).

*But I am a Spiritual Warrior... And so are you.*

And over the past 25 years, I have helped thousands of others become Spiritual Warriors and that is why I am here to help you.

As the director of Good Ground Yoga, I have trained and mentored close to a hundred yoga teachers to become extraordinary leaders and healers and to believe in themselves and own their gifts.

But the true test of my expertise is not how many lives I have touched (many) but how life-changing it is to witness someone starting their own personal revolution.

*The first step to Spiritual Warriorship is believing in yourself.*

And this is why I created Revolutions Within— my signature training for yoga practitioners, yoga teachers, and leaders in the making like you.

**[GOODGROUNDYOGA.COM/APPLY](https://www.goodgroundyoga.com/apply)**

# HERE'S HOW IT WORKS

First, you learn my [5 Step Methodology for Spiritual Warriorship](#)

1

## **NOTICE: GET OUT OF THE STORY**

What are the stories and untruths you tell yourself, both on and off the mat? Despite all your best intentions, how do these get in the way of being a Spiritual Warrior? Together we dismantle the beliefs that keep you small and fearful and imagine crafting a new story for yourself.

2

## **FEEL: BECOME FLUENT IN THE LANGUAGE OF THE BODY**

To trust what it's saying to you because unlike your thoughts, your body is your failsafe lie detector and is your greatest ally.

3

## **DIG DEEP: THRIVE IN THE UNCOMFORTABLE**

Next, you learn what to do when things get hard and you get tested. This is where you take that inexplicable clarity you get on the yoga mat off the mat into every aspect of your life.

4

## **DISCERN: CHOOSE WHAT IS MOST HEALING**

And learn once and for all to stop doubting yourself and to trust your strength, courage and intuition.

5

## **DECLARE: STAND YOUR GROUND AS A RADICAL ACT OF SELF-SOVEREIGNTY**

Now it is possible to take aligned action, speak your truth, act from passion and design your life as a masterpiece.

# THEN YOU EMBODY IT

By mastering the **5 Spiritual Warriorship Commitments**

5

## COMMITMENTS

### **SOLIDIFY TRUST**

Have unwavering faith in yourself

### **INCREASE VITALITY**

Your energy is bountiful and sustaining

### **GENERATE INTEGRITY**

Choose what is right over comfort

### **BUILD RESILIENCY**

Flourish in the face of life's uncertainties

### **EMBODY SPIRIT**

Make everything sacred

# HERE'S WHAT MY CLIENTS SAY



"Leslie takes you on a Warrior's journey back to yourself, and once you arrive there, she helps you shed the stories you've been telling yourself and the self-harm that has lived and breathed within you for years.

She helps you come clean about the life you've lived and the one you dream of.

By the end of her training, there is nothing left but the TRUTH and the courage she has helped you harness to reattach your wings and take flight.

*-Robyn Mate, Care Coordinator, J.D.*

"When I started this program I felt like I was in that 1% that didn't deserve anything good despite all the personal transformation work I had done. Now I feel 200% worthy of all the good things in life.

Before I was confused, now I'm clear.

Before I was fearful now I am not.

Before I was unfocused, now I'm focused.

Before I was weak, but now I'm strong."

*-Debra Goguen Jansson, Massage & Skin Care Therapist, Pilates Instructor & Relationship Counselor*



# HERE'S WHAT MY CLIENTS SAY



"This program taught me how to trust myself to stay in integrity. I am now able to stand in my own solidness because that is what it means to be a Spiritual Warrior.

I have uncovered a completely unrecognizable Amy."

*-Amy Pink, President Mega Media Concepts*

"Before I started this program I was lost, scared and, like one of those spiders in Charlottes Web, completely adrift on the breeze. Now, I have a solid cord to fly through any breeze with effortless ease, without fear, and the ability to direct the direction that I'm going.

This program taught me to grow my wings."

*-Jennifer Alterman, Owner Rescue Yoga*



# THE PROMISE OF REVOLUTIONS WITHIN

Get grounded, get clear, get fearless  
on and off the yoga mat and design  
your life as a masterpiece.

In Revolutions Within, we use the 4  
corners of the yoga mat as a vehicle  
for empowerment, resiliency &  
liberation.

# TIMELINE

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## MODULE 1

### WHAT YOU'LL LEARN

### LESSONS ON & OFF THE MAT

## MODULE 2

### WHAT YOU'LL LEARN

### LESSONS ON & OFF THE MAT

### **MARCH 2022**

### **FOUNDATION OF SPIRITUAL WARRIORSHIP**

- Uncover and dismantle the hidden forces at work that keep you stuck and fearful in everyday life
- Pause, get present and reboot
- Demystify meditation so it actually works for you
- Use intention setting to keep you accountable, inspired, and focused
- ...and so much more, through a daily asana practice with Leslie

Learn to create Sacred Ceremony - both on and off the mat.

### **APRIL 2022**

### **RITUALS TO INCREASE VITALITY**

- Master the Breath Formula (this is the one key to getting deeply present in life)
- Recalibrate and balance your 5 Koshas (hint -- this is the REAL thing that increases your energy)
- Slow down, rest, nourish yourself and resuscitate your life force
- ...and so much more, through a daily asana practice with Leslie

Learn how Conscious Action can become your default state -- both on and off the mat.

# TIMELINE

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## MODULE 3

### WHAT YOU'LL LEARN:

### LESSONS ON & OFF THE MAT

## MODULE 4

### WHAT YOU'LL LEARN

### LESSONS ON & OFF THE MAT

## MAY 2022

### RITUALS TO SOLIDIFY TRUST

- Catch the subtle red flags you usually ignore in your body
- Listen to your gut and intuition every day and stop second-guessing yourself
- Take quick action even when it feels scary or uncomfortable
- ...and so much more, through a daily asana practice with Leslie

To feel and listen to the wisdom of your body -- both on and off the mat.

## JUNE 2022

### RITUALS TO GENERATE INTEGRITY

- Own your worth and your shadows
- Speak authentically without apology
- Embody the Formula for Change & Creating Healthy Habits
- Create and abide by your own Code of Ethics (and tweak it when it becomes too rigid and unworkable)
- ...and so much more, through a daily asana practice with Leslie

Accept yourself, speak up for yourself, and never underestimate or doubt yourself again -- both on and off the mat.

# TIMELINE

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## MODULE 5

WHAT YOU'LL  
LEARN

LESSONS ON &  
OFF THE MAT

## MODULE 6

WHAT YOU'LL  
LEARN

LESSONS ON &  
OFF THE MAT

### **JULY 2022**

#### **RITUALS TO BUILD RESILIENCY**

- Lead with compassion, patience, and acceptance (The trick here? Radical forgiveness.)
- Master the Formula for Spiritual Staying Power
- Set a boundary and defend it
- Follow through even when tested
- ...and so much more, through a daily asana practice with Leslie

The secret to thriving during adversity and challenge -- both on and off the mat.

### **AUGUST 2022**

#### **RITUALS TO EMBODY SPIRIT**

- Call your Spirit home
- Feel the sacredness of life in the day-to-day
- Weave Ceremonial Living into every area of your life (approach life with reverence, wonder, and awe)
- ..and so much more, through a daily asana practice with Leslie

To speak the language of Spirit -- both on and off the mat.

# PROGRAM DETAILS



## **"FREQUENCY: How often do we meet?"**

- We meet twice a week on Zoom for 90 mins each session.
- We'll choose days/times to meet that work for all.
- Our sessions will be a combination of live instruction and discussion.
- Once a week we will have time for Q&A where you will get support and mentoring on what's coming up for you.

## **SUPPORT: How big is this community?"**

- There will be no more than 12 enrollees in this program so that everyone can receive the support they need.
- We will operate as a team and community. Transformation cannot happen alone.



## **THE GOODS: Where do I access everything?"**

- You will get lifetime access to all the content which includes recorded videos, course hub, and lessons.
- You will get your very own Workbook to accompany all recorded modules and live discussion sessions.

## **COMMITMENT: What is the time commitment?"**

- Revolutions Within is a 6-month program.
- Our first session begins the week of March 14, 2022.
- Participants must attend a minimum of 3 virtual yoga classes a week (either live or recorded) at Good Ground Yoga.
- 1-3 hours per week of pre-recorded content and weekly sadhana (spiritual homework).



# MORE SUCCESS STORIES



I have brought those tools into every area of my life. I'm a better mother for my children, and I'm kinder to myself.

Leslie's training has led me down a path toward becoming authentically and unapologetically ME."

*-Jenna Mate, Director & Arts Educator*

"This program taught me that my voice matters."

*-Scott Carlin, Professor  
Geology, PHD*



# ALSO INCLUDED IN TUITION:



## 1 CUSTOMIZED HEALING BLUEPRINT SESSIONS

(1) Sacred Planning & Deep Visioning Strategy Session, (2) Custom Practice Session designed just for you. Included is a recording to practice with forever.

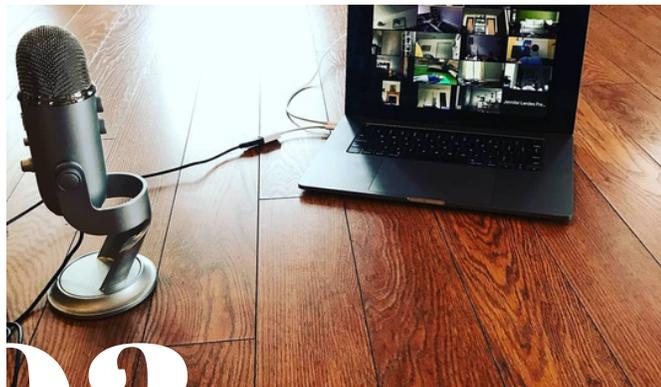
**\$2,500 VALUE**



## 2 YOGA TEACHER TOOLKIT

My entire teacher training arsenal, including class sequences, cues, cheat sheets for mastering poses, and more.

**\$3,000 VALUE**



## 3 VIRTUAL YOGA STUDIO MEMBERSHIP

6 Months Unlimited Membership at Leslie's renewed yoga studio Good Ground Yoga.

**\$1,200 VALUE**



## 4 WEEKLY MEDITATIONS & VISUALIZATIONS

24 downloadable audio recordings of weekly meditations and accompanying visualization and affirmation guides.

**\$1,200 VALUE**



## **Become a **Spiritual Warriorship Accelerate** Member of Revolutions Within**

In 2023, the investment will be \$15,000

This year I am inviting a small group of humans to take advantage of my Spiritual Warriorship Accelerate Membership for half the investment at just \$7,000.

But there is a catch: **I'm only accepting 12 Accelerators.**

As an Accelerator, we will work closely together to give you everything you need to eradicate every sneak pesky doubt running rampant in your life, pull up your big kid pants, and become a Spiritual Warrior once and for all!

Every single week you will master the skills and rituals needed to honor the 5 Spiritual Warriroship Commitments so they become your default state. At the completion of this program, you will have everything that it takes to truly live your yoga and be the empowered and soul-aligned person you are on the mat off the mat where it matters most.

I'm rooting for you!

**Reserve your spot NOW -  
Once we hit 12, I am closing the doors.**

# CORE INVESTMENT

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- Twice weekly sessions for 6 months: Lectures, Practices, and Live Mentoring Sessions.
- Lifetime access to recorded video modules, lectures, signature yoga classes, meditations, and worksheets.
- Personalized Blueprint for Healings with Leslie.
- Toolkit for Yoga Teachers & Practitioners.
- Virtual Yoga Membership at Good Ground Yoga.
- Weekly Meditations and Visualization Guides.
- Welcome Gift Kit.

REGULAR RATE

\$15,000

ACCELERATOR RATE

\$7,000

**6 MONTHLY PAYMENTS OF \$1,250**

# V.I.P. INVESTMENT

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EVERYTHING LISTED IN THE GROUP PROGRAM ABOVE, PLUS:

- Bi-monthly 1:1 sessions with Leslie for private yoga, mentoring and or continuing education.

You will receive a link to my calendar to set your schedule.

REGULAR RATE

\$22,000

ACCELERATOR RATE

\$10,000

**6 MONTHLY PAYMENTS OF \$1,850**

# HOW TO PREPARE FOR THE APPLICATION CALL

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As you can see, I have a unique approach.

And it has helped people just like you get extraordinary results.

It is time to share with you how to prepare for our application call so you can get the most out of it. Please go ahead and answer the following questions to the best of your ability.

Your answers will give me a deeper understanding of where you are so I can support you better and know where our work begins.

It is perfectly okay if your answers to some of the questions are "I don't know." Just answer the questions as honestly as you can. Bring your answers to the call so we can review them together.



# PREP QUESTIONS FOR YOUR APPLICATION CALL

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- What are the top three ways you doubt yourself on your yoga mat?
- What are the top three ways you hold yourself back in your life?
- Are you dealing with any injuries, diseases, disorders, stress, or anxiety in your life now? What impact does this have on and off the mat? (helpful and harmful).
- Where do you put others' needs before your own?
- What is the one thing in your life that- if you could change- would allow you to go after your greatest dream for yourself?
- What situations in your life challenge you the most (cause the most upset)?
- Who is the person who tests your patience the most?
- What current limiting beliefs are holding you back from being the best version of yourself?
- What patterns and habits do you find yourself repeating that you are ready to let go of?
- On a scale of 1-10, how willing are you to get support and mentoring on your limiting beliefs, patterns, and habits so that you can accelerate your spiritual growth?

# I CAN'T WAIT TO DIVE IN WITH YOU.

Take a DEEP breath.

I want to acknowledge and celebrate you. These questions can bring up A LOT. And you just might be feeling the weight of it all.

Don't worry - I see you and got you.

Anything else you want me to know or want to ask - write it down and bring it to our call.

I truly look forward to our call and can't wait to see how I can best support you to be the extraordinary person you are on the mat off the mat where it matters most.

I see and honor you,

*Leslie Pearlman*



“

THE  
YOGA MAT IS THE  
GREATEST  
LABORATORY FOR  
LIFE.

*Leslie Pearlman*



# READY TO GET STARTED?

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Use the link below to complete the application and book an application call with me.

Already applied and have a call scheduled? You're all set.

**APPLY NOW**