

# BODY POETIC

200 & 300 Hour Yoga Trainings







# BODY POETIC 200h

Level One Training

Virtual Weekend June 28-29

In-person July 19 - Aug 9

# SACRED POETIC 300h

One Virtual Weekend per

Month Starting February 15

In-person July 19 - Aug 9





## THE BEACHES OF 30A

Our Myst Beach Retreat House is situated in Seagrove Beach.

White pristine sand. Rugged Dunes.

Running Sandpipers. Aqua colored waves.

Laid back, beach town vibes. Sunsets unlike no other.

We welcome you to the gem that is 30A.

# TYPICAL DAY

7am Morning Silent  
Time & Coffee

7:30-9a Group Asana Practice  
on the Yoga Deck

9-10a Open Day as Collective

10a Brunch prepared by Private  
Chef

11-2p Theory, Lecture & Group  
Discussion

2p Mini Break, dip in pool

2:30-5:30p Breakout Groups,  
Study Time + Practice Teach

5:30-7p Asana Labs

7p Family Dinner & Sunset  
Beach Walk

10p Quiet time in Beach  
House to read, study, prepare  
for presentations

# BEFORE WE BEGIN...

## *For 200 Hour Students:*

Welcome Weekend via Zoom  
June 28-29, 8-3p

During this online session you will  
meet your fellow 200 hour Trainees as  
well as the 300 hour Mentors. We will  
go over what to pack if you are  
traveling to 30A and get to know each  
other!

This weekend is mandatory.

## *For 300 Hour Students:*

Online Theory Sessions

Saturday & Sunday, 8-5p

Feb 15-16

Mar 22-23

Apr 26-27

May 17-18

June 28-29

# BOOKS

The 200 Trainees will need to purchase a total  
of 5 books. The Book List will be given once  
Deposit has been made.

There are no required books for the 300  
Trainees, instead a list of recommended reads  
for the variety of topics we will cover. The 200  
YTT Book List will be sent to you, in the case  
these were not covered in your original Level  
One Training.

The 300 Group will serve as leaders and  
mentors to the 200 Hour Group.  
Throughout the Online Sessions, there  
will be homework to prepare for our  
time in 30A and to sharpen our skills as  
Senior Teachers. The online sessions  
will mainly be lecture on theory. The in-  
person portion will be your application  
of knowledge and skills through  
presentations and teaching classes.



Yoga History/Philosophy

In-Depth Asana Labs

The Breath Tapestry +  
Meditation

Sacred Sound

Intro to Sanskrit

Ayurveda 101

The Anatomical Landscape

Chakras + Inner Energetic  
Matrix

Poetic Sequencing

Compassionate Hands-on  
Assisting

Business of Yoga

Finding your Heart's  
Message

In-depth Practice Teaching

# 200 YTT CURRICULUM

Your 200 Hour Yoga Teacher Training is your base training...  
but this course, is anything but basic.

We go well-beyond the requirements from Yoga Alliance.

As people, we believe in evolving, so we do the same with our curriculum. This isn't our first rodeo. There are tried-and-true parts of this course that we have been nurturing for years. And other parts that are fresh and out-of-the-ordinary. Body Poetic is a living, breathing program. Our methodology was created by our Founder and is unique to other programs (but you knew that. That's why you're here, right?!). At the end of the course, you'll be equipped to teach a plethora of modalities in a way that's rare...because it's you. Come learn about yourself, those around you and the vast topic of YOGA.



# 300 YTT CURRICULUM

We applaud your studentship, yogi. With that said, you're in good company. We eat and breathe it. You've already established a sturdy foundation during your Level One Training, and we are here to take it to the next level (and beyond). Our Sacred Poetic Sequencing is ineffable and you'll learn layers and layers to add to your teaching. In addition, we've chosen topics that are intriguing, innovative and imaginative.

Your online sessions, will be theory-based for your teaching and your living. In 30A, you will be alongside Meg, mastering how to grow others and of course, yourself.

Mentorship. Apprenticeship.  
Compelling Modules. Eloquent Methodology.



## **The Archive of Ritual:**

Sadhana Blueprinting + Textual, Historical,  
Luminary Unearthing

## **The Alchemy of Yin + Yang:**

Female Divinity with Masculine Counterparts, the  
Moon's Journey + Prenatal Care

## **The Temple of Form:**

Anatomical Architecture, Body Touring +  
Tensegrity and its Buoyancy

## **The Essence of Self:**

The Subtle Body Lattice of Chakras, Meridians,  
Vayus + Ayurveda Rituals and Routines

## **The Nuance of Lightwork:**

The Geometry of Stunning Class Creation +  
Advanced "Body Poetry" Sequencing + Cueing  
Techniques

## **The Dialog of Touch:**

Compassionate Touch of Indian, Thai, and Chinese  
Theory and Teachings

## **The Pilgrimage of the Mind:**

Kundalini + Buddha Dharma Meditation  
Approaches + Nervous System and Mindscape  
Traversing

## **The Medicine of Stillness:**

The Heavenly Practice Nests of Yin, Restorative +  
Slowing Down

## **The Design of Devotion:**

Bhakti + HeartWork: Ceremony, Mantra + Myth

## **The Curation of The Teacher:**

Global Business as a Yoga Professional,  
Embodiment of your Heart Message + the Sacred  
Poetic Unveiling



# PREREQUISTES

This program is for students who are willing and able, with full hearts, to dive into a 22-day intensive. The days are long. The experience is unmatched.

Must love warm weather and being in nature. We practice in the mornings outside on our yoga deck and will get our toes sandy when we walk the beach at sunset.

Be disciplined with study and quiet time (yup, we go to bed at 10p).

Enrolling in a Teacher Training is not only an investment of time, money & resources for you, but also for our facilitators, hosts and teaching staff.

We have a strict **REFUND AND POLICES AGREEMENT** that when you fill out your application & submit your payment, you agree to. Please take the time to read & consider.





# TRAVEL LOGISTICS

If you are flying, the local airport is Panama City Beach (ECP). We will put you in touch with trainees that may be flying so you can share a ride to Beach House. Our last day ends around 11am so please plan departure flight later in the afternoon.





# 200 YTT

## *early bird rate*

\$3200 Pay-in-Full by Jan 27th

## *payment plan*

\$3500 over several months

\$800 Deposit upon Application

\$900 due by Jan 27th

\$900 due by April 27th

\$900 due by June 27th

## *when should I sign up?*

As early as you know this is for you!

Program spots are extremely limited especially if you are staying at the Myst Retreat House.

Applications will not be accepted 40 days from start date.

## *lodging & meal plan schedule*

\$500 Deposit upon Application

50% due March 21st

Remaining Due June 27th

# 300 YTT

## *early bird rate*

\$4400 Pay-in-Full by Oct 18th

## *pay-in-full rate*

\$4800 Pay-in-Full by Feb 14th

## *payment plan*

\$5200 over several months

\$800 Deposit upon Application

\$1100 due by Feb 14th

\$1100 due by March 21st

\$1100 due by May 16th

\$1100 due June 27th

## *what is the refund policy?*

We adhere to a strict no-refund policy. It is understood if you fill out an Application you are in **agreement with our Policies here.**

Lodging & Meal plan is paid separately to Myst 30A Yoga.







# ACCOMODATIONS & MEAL PLAN

## **Locals Rate**

(no overnight room & board ~ all meals and use of Retreat House, pool & grounds for 22 days)  
\$2125

## **Private King Room & Bathroom with Meals**

\$4375 single occupancy

## **King Bed in Shared Room & Bathroom with Meals**

\$3675

## **Bunk Beds in Shared Room & Bathroom with Meals**

\$3275

## **Dorm Style Bunks w/ Shared Bath with Meals**

\$2775

## CHEF MOLLY ARNETT

Molly Arnett, originally from the heart of Alabama and a proud graduate of Auburn University. Her journey took a unique turn when she was diagnosed with celiac disease, which sparked my passion for culinary arts, and took her to New York.

Molly specializes in creating delicious dishes tailored to dietary restrictions. Her culinary adventures have been highlighted by exciting experiences, including appearing on Food Network's Chopped. This opportunity has fueled an ambition to expand her personal chef business globally.

She believes in the power of food to nourish not only the body but also the soul. Whether it's crafting innovative recipes or sharing knowledge with others, Molly is dedicated to making a positive impact through her culinary expertise.







# MEG SHUBA

Meg is the Creator and Owner of Bod Poetic 200 Hour and Sacred Poetic 300 Hour Yoga Schools. Both which are recognized and accredited through Yoga Alliance. She has been teaching for 11 years and has been on the staff of many studio training teams until creating her own school 7 years ago.

Meg is an international teacher with BP alumni living throughout the United States, Mexico, Europe and Asia.



# BROOKE FAUST

Brooke is a graduate of both 200 + 300 Hour Body Poetic Programs. After Brooke's initial Level One Training, she quickly became one of the most sought after teachers in 30A Florida. Brooke has earned her spot as the Assistant to the 200 YTT Program and has shown to be an outstanding leader and mentor to fellow instructors.



*what our*  
**BODY POETIC ALUMNI**  
*are saying:*

"...an experience I will cherish for a lifetime. Meg and Brooke are incredible teachers, and this program truly allows students to bloom as teachers themselves."

*"...one of the most transformative experiences of my life. The program's content, the instructors' exuberant passion, and the community surrounding the school are the embodiment what yoga can be. Not only did I graduate with the knowledge and skills to share yoga with others, but I'm also equipped to take a more active role in living life on my terms. For me, there's no other program I'd recommend to anyone interested in expanding their practice or intending to become a certified instructor."*

"This is for anyone who wants to be a serious teacher or just wants to grow their knowledge of yoga. Meg Shuba's style of teaching is intelligent and artistic. A true master at her craft. Anything that I felt challenging, her and assistant Brooke Faust would guide me to the right direction."

*"You can truly tell that the Body Poetic and Sacred Poetic programs are their heartwork."*





# APPLICATION

