



200 HOUR

3 virtual modules with
2 weeks in Costa Rica

THE PROGRAM DATES

A blended program. In-person & Online.
3 Virtual Modules.

Friday 6-9p, Saturday 12-7p, Sunday 8-3p.

Monday evenings on Zoom starting June 1st.
In-person for two weeks in July in Costa Rica.





MAY 29, 30, 31 JUNE 12, 13, 14 JUNE 26, 27, 28

MONDAY EVENINGS 5:30-7:30P STARTING JUNE 1

IN-PERSON JULY 12-26TH IN LA PLAYA COYOTE COSTA RICA.



THE PROPERTY

INDOOR YOGA SHALA	POOL & JUNGLE	3 MEALS A DAY	SECLUDED BEACH
			

POINTS OF DIFFERENCE

BODY POETIC.

We consider ourselves an academy.

Bespoke, Small batch. High quality.

We are a group of artists with high standards, grit and hardwork like no other.

We possess a studentship that doesn't stop.

We aren't just instructors, we are teachers.

We are known for our Methodology. Our sequences, Our language. Our unique topics.

Our classes and delivery are smart, lyrical, and uncommon.

We are Meg Shuba, Founder & Creator of Body Poetic.

We are Brooke Faust, Lead Teacher.

We are Olivia Brown, Staff Teacher.

OUR DO's:

live trainings, being completely original, challenging deliverables, deep respect for all and the practice, punctuality, beat drops, strong espresso, believing Yoga is spiritual

OUR DONT's:

pre-recorded curriculum, quantity over quality, coasting by, boredom, memorization without embodiment, set sequences, creative flows for the sake of the ego





TYPICAL DAY

6:30A	Morning Mantra & Practice
8:00A	Breakfast
9:00A	Theory & Methodology
12:00P	Lunch & Pool Dips
1:00P	Asana Labs
3:00P	Practice Teach
4:30P	Asana Practice with 300H
6:00P	Dinner, Beach Walks & Rest

THE 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.

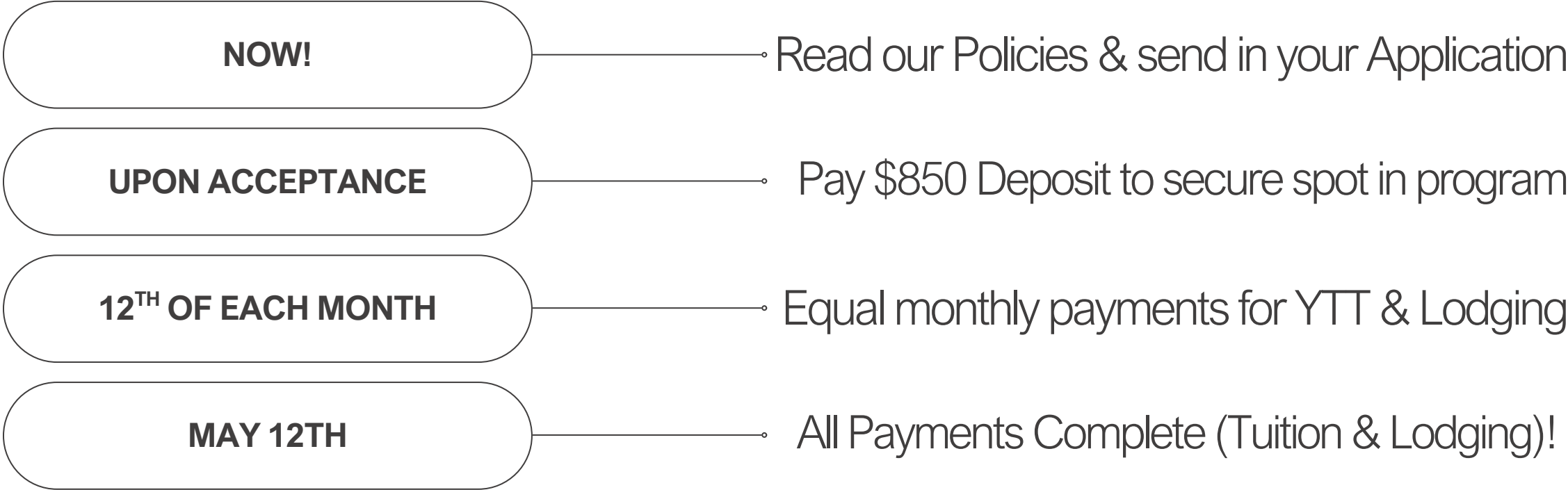
Our methodology was created by our Founder and is unique to other programs. At the end of the course, you'll be equipped to teach a plethora of modalities in a way that's rare...because it's you.

Come learn about yourself, those around you, and the vast topic of YOGA.

**YOGA HISTORY | IN-DEPTH ASANA LABS | THE BREATH TAPESTRY
SACRED SOUND + MEDITATION | INTRO TO THE LANGUAGE OF YOGA | AYURVEDA 101
THE ANATOMICAL LANDSCAPE | CHAKRAS + INNER ENERGETIC MATRIX
POETIC SEQUENCING, MEG'S SIGNATURE "BODY POETIC METHODOLOGY"
COMPASSIONATE HANDS-ON ASSISTING | BUSINESS OF YOGA | FINDING YOUR HEART'S MESSAGE
IN-DEPTH PRACTICE TEACHING | COMMUNITY WITH 300HOUR TRAINEES**



INVESTMENT TIMELINE



THE BODY POETIC 200YTT TUITION IS \$3500.

YOUR YTT TUITION AND LODGING/MEAL PLAN WILL BE INVOICED TOGETHER. YOUR LODGING COST WILL BE DEPENDENT ON YOUR ROOM CHOICE.

YOUR TUITION INCLUDES A MANUAL AND CARE PACKAGE SENT TO YOUR HOME. AN ADDITIONAL 5 BOOKS ARE REQUIRED TO PURCHASE AND WE WILL SEND THE READING LIST PRIOR TO START DATE.

3% PROCESSING FEE IF PAYING WITH CREDIT CARD. NO ADDITIONAL FEES IF PAYING BY BANK TRANSFER.

LODGING OPTIONS



Double Occupancy

BEACH CABANA WITH ENSUITE BATHROOM
\$3534 per person

Single Room w/ Shared Bath

RUSTIC JUNGLE ROOM
\$3534 per person *limited availability
and more rustic than beach cabanas

Triple Occupancy

BEACH CABANA WITH ENSUITE BATHROOM
\$3034 per person

Single Occupancy

BEACH CABANA WITH ENSUITE BATHROOM
\$6734 per person *limited availability

3% processing for credit cards

YTT TUITION IS \$3500.
IT WILL BE BILLED ALONGSIDE YOUR LODGING.

INCLUDES: 3 MEALS A DAY, DAILY ROOM SERVICE, 24 HOUR SECURITY,
INTERNET AND AIRPORT PICKUP IN LIBERIA AT DESGINATED TIMES



FAQ

WHEN SHOULD I SIGN UP?

EVERYONE IS ON A PAYMENT PLAN (YAY!), SO THE EARLIER YOU SIGN UP, THE MORE SPREAD OUT (AND SMALLER!) YOUR MONTHLY PAYMENTS ARE!

WHAT ARE YOUR POLICIES ON REFUNDS AND CANCELLATIONS?

**[READ POLICIES HERE](#). WE DO NOT OFFER REFUNDS OR DEFERMENTS.
WE ASK ALL PAYMENTS ARE MADE TIMELY.**

WHERE DO I FLY INTO FOR THE IN-PERSON PORTION IN COSTA RICA?

FLY INTO LIBERIA. VANS WILL PICK UP THE GROUP ON JULY 12TH AT TWO DIFFERENT TIMES. IF YOU ARE COMING FROM ANOTHER PART OF COSTA RICA, YOU CAN MEET US AT PROPERTY.

WHAT'S COSTA RICA LIKE?

AN AFTERNOON RAIN SHOWER IS LIKELY. ROOMS INCLUDE OVERHEAD FANS AND SCREENED WINDOWS. THERE IS NO A/C – BUILDING ARCHITECTURE DESIGNED TO PROMOTE NATURAL AIRFLOW AND OPTIMAL HEALTH. MONKEYS. IGUANAS, TROPICAL BIRDS AND BUTTERFLIES. BRING SUNNIES, SWIMMIES, BUG SPRAY & AN ADVENTUROUS ATTITUDE.

APPLICATION

TAKE CLASS WITH US

You don't even have to live near us to practice with us. Join Body Poetic's Founder, Meg Shuba, on her Digital Studio, here! The Live Zoom Shala occurs on Mondays too. Come experience the BP style and cueing.

[Practice with us HERE!](#)

READ OUR POLICIES

The not fun part, we get it. YTT's are a big deal...not just for you but for our team that leads the trainings. We want to make sure everyone is supported. Make a cup of tea, and read all the fine print.

[Read Policies HERE!](#)

[APPLY HERE FOR THE 2026 COHORT!](#)

SCHEDULE A CALL

If we haven't met in-person, and let's make sure this is the right fit for you! Schedule a 15 minute Zoom chat by emailing:

Meg@megshubayoga.com

CHECK ALL DETAILS & DATES

100% attendance is required, so double check the dates. Please be sure to peruse what a sample day looks like. We will be reading and studying tons. We eat healthy and go to bed early. And of course, doing lots and lots of Yoga Asana. Get ready!

We can't wait to welcome you!

