



300 HOUR

8 virtual modules with
2 weeks in Costa Rica

THE PROGRAM DATES

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

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

Monday evenings on Zoom starting Feb 9th.
In-person for two weeks in July in Costa Rica.





**FEB 6,7,8. FEB 20, 21, 22 FEB 27, 28, 1
MAR 13, 14, 15 MAR 20, 21, 22
APR 10, 11, 12. APR 24, 25, 26. MAY 29, 30, 31**

MONDAY EVENINGS 5:30-7:30P STARTING FEB 9

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



THE PROPERTY

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



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	Advanced Topics
4:30P	Practice Teaching
6:00P	Dinner, Beach Walks & Rest

THE 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 Costa Rica, the practical and hands-on portions will be explored. Body Poetic is a living and breathing Academy where every year is different yet relevant.

Mentorship. Apprenticeship. Compelling Modules. Eloquent Methodology.

THE ARCHIVE OF RITUAL | THE ALCHEMY OF YIN & YANG | THE TEMPLE OF FORM

THE ESSENCE OF SELF | THE NUANCE OF LIGHTWORK | THE DIALOG OF TOUCH

THE PILGRIMAGE OF THE MIND | THE MEDICINE OF STILLNESS | THE ART OF DEVOTION

THE CURATION OF THE TEACHER



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



THE MODULES

THE ARCHIVE OF RITUAL

Sadhana Blueprinting | Textual, Historical, Luminary Unearthing
Mapping of Storytelling in your Sequencing

THE DIALOG OF TOUCH

Eastern Body Reading | Compassionate Touch of Indian, Thai, and Chinese Theory + Teachings

THE ALCHEMY OF YIN & YANG

Pre-Natal + Post Natal Care | Pelvic Floor
Female Divinity with Masculine Counterparts

THE PILGRIMAGE OF THE MIND

Kundalini + Buddha Dharma Meditation Approaches
Nervous System + Mindscape Traversing

THE TEMPLE OF FORM

Anatomical Architecture | Body Touring
Tensegrity + Buoyancy

THE MEDICINE OF STILLNESS

The Heavenly Practice Nests of Yin
Restorative, Nidra + Slowing Down

THE ESSENCE OF SELF

The Subtle Body Lattice | Meridians+ Emotional Anatomy
Ayurveda Rituals + Routines

THE DESIGN OF DEVOTION

Bhakti + HeartWork: Ceremony, Mantra + Myth

THE NUANCE OF LIGHTWORK

The Geometry of Stunning Class Creation
Advanced “Body Poetic” Sequencing + Cueing Techniques

**THE CURATION OF THE
TEACHER**

Global Business as a Yoga Professional
Embodiment of your Heart Message
The Sacred Poetic Unveiling

INVESTMENT TIMELINE



THE SACRED POETIC 300YTT TUITION IS \$4850.

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. ADDITIONAL BOOKS ARE NOT REQUIRED FOR THE 300YTT. WE WILL GIVE YOU A (BIG!) LIST OF ALL OUR FAVORITES.

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 \$4850.
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!

