

Covington's Yoga School:



Founded in 1991 by Becky Gelatt, the Yoga School is one of the most established schools of yoga thought and practice that has continually offered the highest quality of yoga training in the Gulf Coast area. This training is for those interested in an opportunity to experience and produce innovative teaching at the highest level. The intention of The Yoga School is to offer an integrated curriculum that provides a comprehensive program for training professional yoga teachers prepared to teach different populations in a variety of settings, safely, successfully and compassionately. Their focus is on quality, excellence and integrity in providing a complete education in the art, science and philosophy of yoga. The program is designed to preserve the wisdom of the ancient tradition while adapting the principles to meet the needs of our contemporary society and lifestyles.