



# Yoga Scotland

(incorporating the Scottish Yoga Teachers' Association)

## Annual Report



### A message from the Chairperson



As I approach the end of my first year as Chairperson of Yoga Scotland, much of the work of the past twelve months has been the consolidation and fruition of developments started by my predecessor, Fiona McOwan and committee colleagues. It is a sobering thought that much of

what we have done in the past year may take some time to become established.

The mainstay of our activities is always to encourage and support high quality yoga teaching through the Teacher Training and On-Going Training programmes. This year we were pleased to launch the Yoga Scotland Teacher Recognition

Scheme which offers a customised training route to teachers with qualifications from other bodies which are not accredited by the British Wheel of Yoga, to become registered with Yoga Scotland.

During the year, we completed the development of the Foundation 2 course, to be known as the Living Yoga Study Group, and appointed Kath McDonald as tutor. Applications for the course are slow at the moment, although we plan to start it in autumn 2009. We are operating in a very crowded market as more and more interesting courses are offered; and especially in these recessionary times, we are aware that people may struggle to commit to a yoga course for reasons of time or finance or both. However we are undeterred – the Bhagavad-Gita tells us: *“On this path effort never goes to waste, and there is no failure”*.

During the year the Executive Committee reviewed its functions and as a result we have simplified and streamlined the organisation of tasks. We now have a Handbook of Governance to define the different roles and tasks and we hope that this will be useful as new members join the committee.

Since becoming Governing Body for Yoga in Scotland, we have held two meetings with some representatives from other teacher training organisations and continue to discuss topics that affect us all. A number of factors, including the possibility of future statutory requirements, the threat of proliferation of poor quality teaching qualifications and the development of a new qualification and gaining awarding body status by our

sister organisation in England and Wales, the British Wheel of Yoga, has focused our minds on the possible development of a national yoga teaching qualification for Scotland. At the Annual General Meeting in March, we held a lengthy and useful discussion about the future of teacher training and have now begun to establish a working party to look at the development of a national qualification.

Finally, I would like to highlight the hard work of a relatively small committee given our huge agenda and thank them for their willing service. I would also like to thank all those who contributed to various working groups and subcommittees.

*Jenni Connaughton  
Chairperson*

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## Teacher Training Course

Yoga Scotland's teacher training course is a part-time course lasting for 500 hours over two years, normally following on from the Foundation Course. This includes a residential weekend in each year. At present we run two courses in Glasgow and Edinburgh, starting in alternate years.

Students explore a practical and theoretical syllabus that covers: asana, physiology, pranayama, meditation, relaxation, history and philosophy of yoga and class management.

The Teacher training course is structured to give prospective Yoga Teachers:

- A solid grounding in the various classical postures and practices of Hatha Yoga.
- An acquaintance with some of the major eastern sources of yoga knowledge and their significance in modern life.
- A basic insight into the anatomy, physiology (including common medical conditions), and movement potential of the human body.
- Continual teaching practice is an integral part of the course.

Students who successfully complete the course are awarded the Yoga Scotland Teaching Diploma. The diploma is recognized in Scotland and also in the United Kingdom by the British Wheel of Yoga, with whom we have an exchange diploma agreement.

Sixteen students qualified from the Edinburgh course in June 2008. Thirteen students are currently on the 2007-2009 Glasgow course and eleven on the Edinburgh course that started in September 2008.

*Anne Hunter  
Teacher Training Coordinator*



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## Teacher Recognition Scheme



Launched this year, the Scheme provides an opportunity for yoga teachers who trained with other teacher training schools, not including BWY teachers and its accredited organisations, to become recognised Yoga Scotland registered teachers. So far there have been two teachers to complete the scheme.

*Ann Hunter  
Teacher Training Coordinator*

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## Foundation Courses and Living Yoga Study Group

The Foundation Course is a 60-hour course, designed to explore yoga in more depth than in an average class, and to consolidate and expand personal practice. It includes a range of asana, pranayama, relaxation and meditation practices, as well as aspects of the history and philosophy of yoga. For those who wish to progress to teaching, it is also the prescribed pathway into the teacher training course

In June 2008, 27 students completed the courses held respectively in Polmont and Glasgow and in September 36 students commenced their training on the two courses.

The Living Yoga Course has now been developed, and is due to start in autumn 2009. This is a 50-hour course is designed to follow on from the Foundation Courses and is targeted at those who wish to deepen their practice without going on to teacher training, and as a refresher course for existing registered teachers.

*Lorna Meston  
Foundation & Living Yoga Courses Coordinator*

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## On-Going Training

Yoga Scotland Teaching Diploma holders are required to undertake On-Going Training as a condition of maintaining their teacher registration and insurance. In 2008 we provided a programme of 11 events at venues around the country. The subjects ranged from Yoga and Meditation, to the Yoga Sutras, and Hatha Yoga Sequences.

*Rosalind Batchelor  
On-Going Training Coordinator*

## Yoga Scotland Membership

For the year to September:	2006	2007	2008	2009
Yoga Scotland Teachers	219	236	234	226
Student Teachers	38	41	34	26
Ordinary Members	247	260	224	172
Group Members	8	8	6	8
Retired/Other Accredited Teachers				41
<b>Total</b>	<b>512</b>	<b>545</b>	<b>498</b>	<b>473</b>

The teaching membership includes teachers with additional formal qualifications over and above their teaching diplomas. These include specialist modules in teaching children, pregnant and post natal women, people with special needs, prisoners and yoga therapists. 26 teaching members have taken advantage of the government's Register of Sports Professionals (REPS) scheme, which was set up to ensure the quality of teaching.

*Lyn Scott*  
Membership Secretary



[www.yogascotland.org.uk](http://www.yogascotland.org.uk)

The website provides a range of information including:

- Yoga classes taught by Yoga Scotland teachers.
- Directory of Yoga Scotland teachers.
- Spring Seminar and the Annual Weekend Seminar in St Andrews.
- Details of seminars and events offered by local associations, members and others throughout Scotland.
- On Going Training events.
- Information about the Foundation and Teacher Training courses.
- Contact details for information and press enquiries.
- Child Protection, Safety and Equity Policies.

In January 2008 we launched the new look Yoga Scotland website which provides both members and the general public with a user friendly route to a range of information.

The website had 32,676 visits in 2008 with most enquiries being for finding teachers, classes and events.

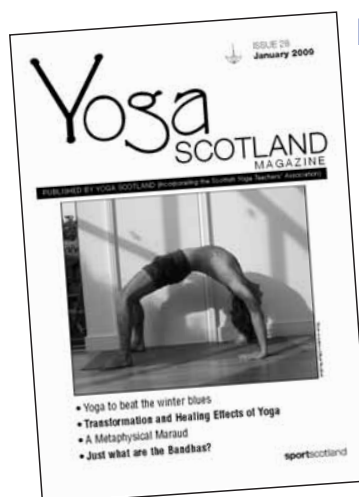
 **Yoga Scotland**  
(incorporating the Scottish Yoga Teachers' Association)

**HAVE YOU VISITED**  
[www.yogascotland.org.uk](http://www.yogascotland.org.uk)

Information and articles about yoga and training, and good links to other interesting sites

## Yoga Scotland Enquiry Line

The enquiry line is operated by the Yoga Scotland part-time clerical worker, Kirsty Davidson. In 2008 it dealt with 121 telephone enquiries and 252 by email.



## Publications and Public Relations

- Directory of teachers and classes sent out to libraries and community centres throughout the country.
- Yoga Scotland magazine – published three times a year in January, May and September. The magazine combines advertisements of events, news, articles contributed by national and internationally respected yoga teachers on all

aspects of yoga practice and reviews of the latest books, CDs and DVDs.



## Financial Report

The accounts have been prepared in accordance with OSCR regulations. Copies of the full accounts are available for inspection at the AGM or by request from the Treasurer. The increase in membership fees, agreed at the AGM, will help to offset the increases in general operating expenses. Student numbers have fallen on both the Foundation and Teacher Training courses resulting in a reduction of income. Only On-Going Training operated with a surplus for the year. As a result, the value of our reserves has fallen. Three students on the Teacher Training course received payments towards fees from the Bursary Fund.

Independent Examiner: Chas. Leigh Brown and Son, 64 Main Street, Cambuslang, G72 7EP

Ann Hunter  
Treasurer

### Year ended 31st December 2008 CONSOLIDATED FINANCIAL STATEMENT

Income	2008		2007	
	£	£	£	£
Teacher Training Fees	38,896		42,642	
Teacher Registration Fees	10,836		10,595	
Ordinary Memberships	6,085		4,725	
Group Memberships	90		150	
Awards from Bursary Fund	700		250	
Magazine Income	3,048		2,075	
Seminars - net surplus	774		1,138	
Sundry Sales	106		298	
Bank Interest	1,431		2,205	
Donations	153		316	
		62,119		64,394
<b>LESS: Expenditure</b>				
Tutors' Fees	27,524		28,971	
Room Hires	11,143		11,236	
Bursaries Awarded	700		250	
Travel, Accommodation & Subsistence	6,909		6,603	
Insurance Costs	6,175		2,234	
Telephones, Stationery, Postages & Printing	9,503		10,441	
Clerical Assistance	5,328		4,781	
Accountancy Fees	1,246		895	
Advertisements/Subscriptions	1,296		1,127	
Sundry Expenses	1,163		2,944	
		70,987		69,482
		<u>(8,868)</u>		<u>( 5,088)</u>

### INCOME AND EXPENDITURE SUMMARIES FOR FUNDS

	Income		Expenditure		2006	
	£	£	£	£	Surplus/ (Deficit)	Surplus/ (Deficit)
General Fund	21,423	23,962			(2,539)	( 239)
Teacher Training Fund	20,578	26,408			(5,830)	(3,013)
Foundation Course Fund	11,610	13,661			(2,051)	(2,786)
On-Going Training Fund	8,245	6,246			1,999	965
Bursary Fund	263	710			( 447)	( 15)
	<u>62,119</u>	<u>70,987</u>			<u>(8,868)</u>	<u>( 5,088)</u>

### STATEMENT OF FUNDS

	2008		2007	
	£	£	£	£
<b>Undesignated Funds</b>				
General Fund		19,798		22,337
<b>Designated Funds</b>				
Teacher Training Fund	33,774		39,604	
Foundation Course Fund	12,658		14,709	
On-Going Training Fund	13,036		11,037	
Bursary Fund	9,538		9,985	
		69,006		75,335
		<u>88,804</u>		<u>97,672</u>

## 2008 Events

### February

Spring Seminar in Glasgow  
With guest tutor Swami Anasakti.

### March

Annual General Meeting with  
Seminar in Perth  
Guest tutor Sylviane Gianina.

### June

Annual Residential Seminar in St  
Andrews  
With guest tutors Sarah Lionheart,  
Soren Rasmussen and Paul Grilley.

### Yoga Scotland Executive Committee 2008:

Fiona McOwan (*retired April*), Donna McNeil (*retired April*), Ann Hunter, Carol Godridge, Jill Travers, Joanna Reilly (*resigned August*), Susan Neal, Lyn Scott, Bijam (Jenni Connaughton), Rosalind Batchelor, Lorna Meston, Evonne Fitzpatrick (*elected April*) and Linda Moodie (*elected April, resigned July*).

Child Protection Officer: Diane Simpson.

Clerical Worker: Kirsty Davidson.

Teacher Training Course Tutors:  
*Hatha Yoga* – Elaine Ormiston, Cathy Swan, Jackie Le Brocq and Kath McDonald (*until June*). *Philosophy* – Margo Romberg. *Anatomy & Physiology* – June Alexander.

Foundation Course Tutors: *Hatha Yoga* – Joanna Reilly, Marjory Watt, Yvonne Austen and Sue McLennan. *Philosophy* – Jim Fraser. *Anatomy* – June Alexander.

Living Yoga Course Tutor: Kath McDonald.

Teacher Recognition Scheme  
Co-ordinator: Jean Stewart,  
Assistants: Melanie Cook and Christine Purves.

Yoga Scotland Enquiry Line  
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Yoga Scotland Scottish Charity number  
SC 020590