



Yoga Scotland

Annual Report

September 2016 – August 2017

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Annual Report

The year from September 2016 to August 2017 has been rather momentous in that many changes have occurred. It is also a year that I have not been in the YS chair but I will, with the help of others, report to you as best I can on the many achievements and other items that have happened during this period.

Gill Gibbens

Executive Committee:

Kath McDonald

Cathy Swan (*resigned 5 November 2016*)

Gill Gibbens (*resigned 9 November 2016*)
(*appointed 23 June 2017*)

Sue Jenkins (*resigned 21 January 2017*)

Kate Reilly-Andrews (*resigned 23 April 2017*)

Marion Summerfield (*appointed 23 April 2017*)
(*resigned 30 April 2017*)

Judi Ritchie (*resigned 23 June 2017*)

Susanne Arnott (*appointed 23 June 2017*)

Lynsey McFarlane (*appointed 23 June 2017*)

Michael Gallagher (*appointed 23 June 2017*)

Val Belk (*resigned 28 June 2017*)

Joy Charnley (*resigned 28 June 2017*)

Kirsty Davidson (*resigned 28 June 2017*)

Olive Gardiner (*co-opted 6 July 2017 and appointed 28 October 2017*)

Gill Swales (*appointed 28 October 2017*)

Ulrike Graham (*appointed 28 October 2017*)

Joy Charnley, Carol Godridge and Mick Gallagher were Magazine Editors 2016-17.

Jenni Connaughton, Fiona McOwen and Ann Hunter – Yoga Scotland advisors

Jenni Connaughton, Sandra Cook and Joy Charnley – PVG (Protection of Vulnerable Groups)

Elaine Samson – Training Coordinator

Maria Rawlings – Administrator

Georgina Dunvlevy – Training Administrator
(April – October 17)

Magazine

Three issues of Yoga Scotland Magazine came out during the year. Particular themes included 'Awareness' and 'Yoga for All', as well as a lively range of news and features on the fast expanding Yoga World. Student teachers responded to the new column 'The Student Blog' with their experiences on the courses, and other members took advantage of the new 'Soap Box' column to have their say about issues that really get them going! After filling in for this year in the Editor's chair, Carol Godridge handed over to Mick Gallagher, to edit the 2018 issues.

The magazine is sent out to members by post or as a PDF, and is published on the website and social media. Mick aims to

Yoga Scotland Membership

Individual Membership

Ordinary

2015-2016

61

2016-2017

97

Teacher

248

251

Student teachers

30

32

FC, LY Students

55

58

Total

398

438

Group membership

4

4

Reps

13

13



make the magazine more widely available, raising the profile of the organization and showcasing Yoga Scotland. This move from an internal publication to a proper magazine will create the opportunity to increase readership and awareness about yoga and Yoga Scotland. This involves exploring a distribution network and offering teachers the opportunity to sell magazines to their students. The next issue will be themed on Yoga and Sport (issue 56).

Events

Carol Godridge (Editor 2016/17) reported in the May magazine that Yoga Scotland at The Om Show in March 2017 was a success, that Yvonne Davis led two workshops which were well received and Joy Charnley, Val Belk and Judi Ritchie staffed a stall, meeting, greeting and giving information to to people.

Joy Charnley attended the European Union of Yoga (EUY) event in Zinal, and



Judi Ritchie attended the EUY event in Spain.

There was collaboration with Grampian Yoga Association (GYA) in Aberdeen on the International Day of Yoga.

There was also an International Day of Yoga held in Glasgow, run by Manjulika Singh with Margaret Watt, Gill McKinlay and Monika Slaven.

Autumn Day of Yoga with Jacqui Le Brocq – Pranayama in Perspective – at Stirling University on 29th October 2016 was attended by 27 members (Last minute change due to Philip’s hip operation).

Spring Day of Yoga with Jill Paget – Hatha Yoga – at Victoria Halls, Dunblane on Saturday 22nd April 2017 was attended by 45 members.

On-Going Training

Yoga Scotland operates a Continuous Professional Development (CPD) programme of which On Going Training (OGT) is part. Teachers accrue 15 points annually from either OGT days, self guided study or other training days or courses, some provided by other organisations, or a mix of these. Sessions cover philosophical and practical aspects of yoga teaching and practice. A couple of OGT days had to be cancelled due to low numbers or ill health. The tutors concerned were wished a speedy recovery and may be rescheduled in the future. The majority of sessions were well attended and received positive feedback.

In 2015/16 there were no First Aid sessions offered and it was realized that these sessions need to be offered each year, so

Philip Bagnall of 'Bags First Aid' provided two sessions in 2016/17 in Edinburgh and Glasgow. Both were fully booked.

Bookings for future OGT days indicate we are continuing to provide sufficient opportunities for training to cover the needs of the teachers.

The schedule of training days for 2017/18 is taking shape, and as usual, the aim is to have a good balance of different schools of yoga with a healthy mixture of different aspects of Yoga in a variety of locations around Scotland. Some tutors will be local and some from further afield.

We will be continuing to add the OGT days to Facebook which will remind/prompt teachers of an OGT coming up.

The second Ayurveda Course started in June 2016 finishing in January 2017 with 12 students starting and 11 completing the course.

OGT 2016-2017

Tutor	Topic	Location	Attended
Melanie Cook	Sit, breathe & meditate	Edinburgh	Cancelled
Philip Xerri	Teaching Pranyama	Stirling	Cancelled
Margaret Blythe	Inversions	Glasgow	18
Derek Doyle	Keeping your class fresh & enticing	Dunblane	26
Claire Rodgers	A journey thro the Chakras	Glasgow	33
Yvonne Austen	Hypermobility	Aberdeen	17
Helen Reidy	Tapas-Svadhyaya-Ishvarapranidhana	Edinburgh	Cancelled
Jill Paget	Function vs aesthetics	Dunblane	33
Marjory Watt	Charting the subtle body	Polmont	32
Andrea Newman	Stability	Glasgow	32
Andrea Newman	Stability	Glasgow	19

Foundation Courses

The Foundation Course is a 60-hour certificated course, designed to explore yoga in more depth than in an average class, develop a deeper personal practice and knowledge of yoga and to acquire the pre-qualification for progression to the Living Yoga or Teacher Training Courses.

Three Foundation Courses ran in 2016-17 in Aberdeen, Polmont and Dumfries. In June 2017, 50 students completed their Foundation course.

Aberdeen Foundation Course tutors: Sandra Cook and Rona Main.

Central Foundation Course tutors: Sue McLennan and Ali Freeman.

Dumfries Foundation Course tutor: Carol Godridge.

Foundation Course Anatomy & Physiology tutors: Sara Marijuan, Tina Gilbert, Claire Ginnelly and Sue Jenkins.

Living Yoga Study Group

The Living Yoga Course is a 60-hour advanced, certificated course designed to enable students to develop and enrich their experience and knowledge of yoga through experiential practice, workshops and vibrant discussion. It is particularly suitable for Foundation Course Graduates and Qualified Yoga Teachers. In June 2017, ten students successfully completed the course.

Course tutor: Marjory Watt.



Teacher Training Course

The primary aim of the Teacher Training Course is to produce effective and professional yoga teachers. Students Teachers who successfully complete the two-year course are awarded the Yoga Scotland Teaching Diploma. The course is part-time and involves over 500-hours of course days, self study, personal practice, assignments and external teaching assessments. The course has specialist tutors for yoga philosophy and, anatomy and physiology.

Students also learn how to relate this theoretical knowledge to their personal practice and their teaching. In June 2017, 14 students qualified from the Glasgow Teacher Training Course.

18 students are continuing on the 2016-18 Edinburgh course and 12 students have started on the 2017-2019 Glasgow course.

Hatha Tutors (Glasgow Course): Cathy Swan and Yvonne Austen.

Hatha Tutors (Edinburgh Course): Jackie Le Brocq and Judy Cameron.

Philosophy Tutor : Elizabeth Roberts.

Anatomy & Physiology Tutors: Tina Gilbert and Sue Jenkins.

There were no applications to the Teacher Recognition Scheme.



Members' Meetings and Governance June 2017

In June 2017 a Special Members' Meeting was called by the membership. A vote on the decision made by the Executive Committee to postpone the next Glasgow Teacher Training Course was held. Following discussion, the vote was carried to begin the Course in September 2017.

During the meeting, Judi Ritchie resigned from the Executive Committee and four new members, Gill Gibbens, Susie Arnott, Mick Gallagher and Lynsey McFarlane were elected. A few days later, three more Executive members, Joy Charnley, Kirsty Davidson and Val Belk resigned. Kath McDonald continued to serve enabling Yoga Scotland to remain operational with the minimum number of committee members.

The new trustees agreed at a meeting in August 2017 to be known as the Board of Trustees. Three more trustees, Olive Gardiner (Treasurer), Gill Swales and Ulrike Graham were elected at an Extraordinary General Meeting (EGM) in October 2017. Gill Gibbens was elected as Chair.

As of 1 August 2017, Yoga Scotland was granted SCIO (Scottish Charitable Incorporated Scotland) status and is now

an incorporated charity. This gives Yoga Scotland a different legal status and has meant a new constitution to work under. The Board of Trustees undertake to ensure that we take these new responsibilities seriously and put in place policies and procedures appropriate for Yoga Scotland (see Olive Gardiner's article in YS magazine number 55).

We are truly fortunate to have Olive Gardiner as our new treasurer. Olive is an accountant and is experienced in working with charities and with OSCR (Office of the Scottish Charity Regulator).

Kath McDonald is Secretary and Training Sub-Committee member.

Lynsey McFarlane is a member of the Training Sub-committee.

Susie Arnott is a Training Sub-committee member and has additionally taken on managing the website.

Mick Gallagher is our Magazine editor, bringing a new look to the magazine.

Gill Swale's contribution is PVG and Data Protection (GDPR).

Ulrike Graham is organising Events.

Jenni Connaughton (Bijam) is our PVG officer – stepping down at this AGM (March 2018).

Jenni Connaughton, Fiona McOwen and Ann Hunter – YS advisors.

Elaine Samson is the Training Coordinator.

Maria Rawlings is the General Administrator and Data Protection Officer.

Tamsin Geddes has recently joined as temporary Training Administrator.

There have been five Executive Committee/Board of Trustees' Meetings during 2016-17, in November, January, May, June and August.

The new trustees have spent time since July working on the best ways to move Yoga Scotland forward in all areas – courses, website, magazine, finances, OGT, events, communications and partnerships.

Farewells and Welcomes

In 2016-17 Yoga Scotland said farewell to Yvonne Austen (Hatha co-tutor on Glasgow TT course), Georgina Dunlevy (Temporary Training Administrator) and Sara Marijuan (Foundation Course A&P tutor).

Sue McLennan (Foundation Course co-tutor) and Tina Gilbert (Teacher Training Anatomy & Physiology) will leave at the end of the current course year.

A huge thank you to all of you for your contribution to Yoga Scotland's training courses. We look forward to working with you in the future under other guises.

We welcomed Claire Ginnelly (Foundation Course A&P tutor) and Sue Jenkins (Foundation and TT Course A&P tutor).

Finally, I would like to say thank you to all the previous Executive Committee's volunteer work for Yoga Scotland and all the people who helped them: Joy Charnley, Kirsty Davidson, Val Belk, Kate Reilly-Andrews and Judi Ritchie, also Carol Godridge for doing the Magazine and Marian Summerfield helping with On Going Training.



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Yoga Scotland Scottish Charity Number SC 020590

Financial Report

Yoga Scotland's move to SCIO (Scottish Charity Incorporated Organisation) in August has meant a change of bank accounts. This has been a long and, at times, frustrating piece of work. There is now one bank account instead of the previous three accounts. Particular thanks to Ann Hunter for her help and support throughout the lengthy transition between bank accounts. Olive Gardiner has produced a summary of the accounts and the full report will be ready for the AGM.

Summary Accounts

The following summarised statements show two things:

- The story of the year from 1 September 2016 to 31 August 2017 in numbers (with the previous year's figures for comparison), and
- A snapshot of our financial position at 31 August.

For the regulators we have to show these figures in a more formalised format with certain adjustments and extensive notes – a copy of the more formalised version is available for anyone who wants this. If there are not enough copies here today please simply email the treasurer at livanddigger@btinternet.com and she will be delighted to send you a copy.

Statement of Financial Activity	Year to 31/8/17	Year to 31/8/16
Income		
Investment income		37
Teacher training fees and OGT income	72,575	66,069
Total membership and registration fees	18,513	14,975
Event income	8,638	8,334
Advertising and sundry income	994	2,576
	100,720	92,991
Expenditure		
Charitable Activities		
Tutors' fees & facilities	68,672	66,130
Bursaries	400	
Magazine printing & postage	3,266	3,701
Insurance	6,011	(6)
Event costs	2,578	9,404
Sundry	1,562	3,514
	82,489	82,743
Support Costs		
Admin, including IT	4,039	5,744
Clerical assistance	12,115	20,428
Trustees expenses	1,269	
Co-ordinator, expenses and meetings	10,240	
Professional fees	1,950	154
	112,102	109,069
Net expenditure	(11,382)	(16,078)

Up to this point we have been operating with three bank accounts – we have now closed these and transferred the balances to our new SCIO account. At 31st August 2017 our financial position was as follows:

Bank account:

General	£23,013	OGT	£17,969	Training	£36,143	SCIO	£35,168	Total	£112,293
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The amount held in the new SCIO account represents payments in advance for courses held in 2017-18 and this has not been recognised in the income shown above as the courses were yet to be delivered.

The message from these summarised accounts is a happy one – as clearly demonstrated in this report we have achieved a lot this year without incurring any financial risk or putting the future of our organisation in jeopardy. As trustees we will continue to apply this principle

There is a great deal of 'behind the scenes' work that is done both by the Trustees, our support staff, tutors and assessors. Many thanks to all of them for their hard work and support for the trustees through this transitional period.