



Annual General Meeting, Saturday 10 March 2018
Uphall Community Centre, Strathbrock Place, Broxburn, EH52 6BN

MINUTES

1. Welcome and Apologies

Gill Gibbens opened the meeting with a warm welcome to everyone.

Many members have given their apologies and these will be included as an appendix to the minutes. Apologies were given at the meeting from Kerry Riddell and Maria Cleary.

2. Minutes

The minutes of the last AGM, April 2017 were proposed as a correct record by Ulrike Graham and seconded by Cathy Swan. Gill asked members to hold any questions on matters arising until after the presentation of the annual report.

The minutes of the EGM, October 2018 were proposed as a correct record by Carol Godridge and seconded by Kathy Rae.

3. Presentation of the Annual Report and review of 2016-17

Susie Arnott circulated the annual review to members present. Gill explained that she had not been Chair for most of 2016-17 but would report on the many achievements and other items that have happened during this period with the help of others. Gill thanked Carol Godridge for her work editing the magazine and reported that Mick Gallagher took over as editor in January 2018.

Achievements in 2016-17 include:

- involvement in two days to celebrate International Yoga Day in Aberdeen and Glasgow. The Aberdeen day was in partnership with Grampian Yoga Association.
- providing 8 Ongoing Training days for teachers
- running 3 Foundation Courses, 2 Teacher Training Courses and 1 Living Yoga Course. A total of 74 students completed courses during 2016-17. The Ayurveda course accredited by Yoga Scotland has just finished with 11 students completing the course.

Gill introduced the 8 Yoga Scotland trustees and confirmed that Yoga Scotland is now a new SCIO (Scottish Charitable Incorporated Organisation) with a new constitution.

Gill highlighted that new data protection legislation will be coming into force in May - GDPR or General Data Protection Regulation. Gill Swales is leading a working group to look into the implications for Yoga Scotland.

Gill noted that Yoga Scotland's advisors continue to be Fiona McOwan, Bijam and Ann Hunter. Support staff are Maria Rawlings and Elaine Samson. Gill welcomed Tamsin Geddes who will be starting soon as Training Administrator. Gill thanked all the students, tutors, support staff, trustees and extended thanks to those who have helped but not been named.

4. Financial Report and Accounts

Gill explained that Yoga Scotland's treasurer, Olive Gardiner, is unable to be at the meeting due to ill health. There is a summary of the accounts in the annual report circulated. Gill read out a statement from Olive on Yoga Scotland's financial position. The full accounts are



due to be ready in the next 2 weeks. Members are invited to email Olive for a copy or to access accounts from the OSCR website.

Yoga Scotland's move to SCIO status in August has meant a change of bank accounts and there is now one account instead of the previous 3 accounts. This has been a lengthy, and at times, frustrating process. Gil extended particular thanks to Ann Hunter for her support through this transition.

5. Matters arising and Discussion

Gill reported that she has been in contact with British of Wheel of Yoga (BWY), National Occupational Standards (NOS), Grampian Yoga Association (GYA), European Union of Yoga (EUY) and the Independent Yoga Network (IYN) since becoming Chair. Gill noted that Yoga Scotland continues to pay the associate membership fee to EUY.

Bijam updated that she will be representing Yoga Scotland to teach part of the EUY programme this summer. Bijam explained that places at EUY congress are subsidised only for those teaching at the Zenal seminar. Carol Godridge reported that she was asked to review the EUY website. It is a good website with lots of interesting information but the benefits to Yoga Scotland are unclear. Associate membership for organisations costs over £400 a year. Yoga Scotland members could join as individuals in their own right. There were questions about the possibility of EUY accrediting Yoga Scotland's Teacher Training Course and the benefits of affiliation to EUY. Gill suggested inviting the EUY president to a Yoga Scotland event and this was agreed as a good idea. It was noted that affiliation to EUY is paid until March 2019. It was agreed that Bijam will seek information and report back to inform a future vote on affiliation.

Ulrike Graham reported that she has joined the Board of Trustees to help with events. She is organising a Tri Yoga event for all members on 6 October in Victoria Halls.

Mick Gallagher reported that the next issue of the Yoga Scotland magazine will have the theme of yoga and sport. He thanked Carol for her support in the handover of editorship. Mick hopes to improve photo quality in future magazine and to look at selling the magazines through John Menzies. He is planning a future issue looking at black people's experience of yoga.

Sandra Cook offered to provide information on NOS as she is the Scottish representative.

Susie Arnott updated on the website. The previous Executive Committee commissioned a new website and she had met with the developers. It became apparent that the developers were not making the changes that Yoga Scotland needs and did not appear to understand the organisation. Trustees agreed to end the contract with POSH and put a detailed specification out to tender. The current website is old, non-compliant and Yoga Scotland needs its website to do more. Susie outlined some of the changes required and their benefits. Susie offered to email the specification to any member who is interested.

Cathy Swan talked about the new Glasgow Teacher Training Course which has adopted a different format with one lead tutor and visiting guest tutors. Evaluations have been very positive so far.

There was a question about why the Edinburgh Teacher Training Course wasn't having guest tutors as many students would like to have different tutors and experience different styles.

Ali Freeman talked about Central Foundation Course and the very positive evaluation feedback. Students present spoke about how much they are enjoying the course. Ali noted



that there are 2 students who have already done 200 hour TT courses. Sue McLennan is retiring at the end of this course year and recruitment for a replacement tutor is underway.

Sandra Cook talked about Aberdeen Foundation Course. There have been some ups and downs so far including a snow day. One student believed that the course was a Teacher Training course. Sandra and Rona proposed interviewing applicants for future courses.

Carol Godridge talked about Dumfries Foundation Course. Evaluations have been positive but it has been a difficult year and two students have dropped out. The course is going well at the moment and Carol proposed that Yoga Scotland review students paying fees by instalment.

Elizabeth Roberts spoke about the changes to the Glasgow TT course that have enabled her to work more closely with Cathy and tutor on the first residential weekend. This has helped to further integrate philosophy into the rest of the course. Elizabeth also noted that she has now worked for 3 years with Bijam on the Ayurveda course.

Sue Jenkins is completing her first year as an A+P tutor for both Glasgow TT and Foundation Courses. Sue spoke about her new experience working with Cathy and Elizabeth.

Kath McDonald explained that Cathy Swan had taken over as tutor from Marjory Watt following Marjory's bereavement. Kath has now taken over from Cathy and will tutor the remainder of the course unless Marjory returns on the Living Yoga Course.

It was noted that Jackie Le Brocq will be leaving her position as hatha tutor on Edinburgh TT course at the of this course. Judy Cameron will be lead hatha tutor for the 2018-20 course.

Mick Gallagher noted that he will be standing down as magazine editor and trustee and a replacement will be needed from September 2018.

6. Elections to the Board of Trustees

Evanna Nash was proposed by Kath McDonald and seconded by Fiona McOwan. Unanimously agreed.

Janis Ross was proposed by Mick Gallagher and seconded by Bijam. Unanimously agreed.

Bijam noted that she is standing down from her non-executive appointment as PVG Officer and Yoga Scotland needs a replacement. Sandra Cook agreed to act as Chair of the PVG Committee.

7. Election of Chair

Kath McDonald reported that the EGM in October had agreed Gill Gibbens as interim Chair of Yoga Scotland, to be ratified at the AGM.

Carol Godridge proposed Gill Gibbens as Chair, seconded by Bijam. Unanimously agreed.

8. AOCB

There were no items raised.



Members present:

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| Gill Gibbens | Kath McDonald | Evanna Nash |
| Fiona McOwan | Andrea St Clair | Kerry Cooper |
| Ulrike Graham | Janis Ross | Anne Brown |
| Liliana Pavone | Susie Arnott | Ann Hunter |
| Elizabeth Roberts | Carol Godridge | Mick Gallagher |
| Sandra Cook | Rona Main | Kathy Rae |
| Cathy Swan | Norman Boyle | Gill Swales |
| Fiona Webber | Tharanga Wicramasinghe | Vanessa Schultz |
| Sue Jenkins | Fiona Drury | Ali Freeman |
| Bijam | Tamsin Geddes | Maria Rawlings |
| Elaine Samson | | |

Non Members present:

Avril Trickett

Apologies:

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| Aileen Borthwick | Jillian Campbell | Carole Robertson |
| Olive Gardiner | Isabella Page | Audrey Walker |
| Susan Neal | Judy Cameron | Catherine McCabe |
| Ruth Plevin | Lesley Manderson | Barbara Williams |
| Aileen Hughes | Cathy McIntyre | Aileen Davidson |
| Catriona McDougal | Sue McLennan | Jim Fraser |
| Sheila Stein | Sara Matchett | Katy McFarlane |
| Betty Morgan | Carol Barbieri | Rosemary Leburn |
| Margaret McAlpine | Catriona Nardini | Marjory Watt |
| Cristie Moore | Mags Russell | Mandy Graham |
| Jane Chalmers | Hilda Lang | Anne McNaughton |
| Susannah Dean | Lucy West | Frances Morgan |
| Lynsey McFarlane | Jacqueline Sloss | Kerry Riddell |
| Maria Cleary | | |