



**Annual General Meeting, Saturday 9 March 2019
Victoria Hall, Dunblane, FK15 9EX**

MINUTES

1. Welcome and Apologies

Gill Gibbens welcomed everyone and noted that there were well over the 20 members needed for the meeting to be quorate. Everyone was asked to sign the attendance sheet for the minutes. Gill drew attention to the annual report and asked people to take a copy if they hadn't already. It was confirmed that only members are eligible to take part in any votes during the meeting.

Apologies were given at the meeting from Pauline Steenbergen, Amy Hanlon, Yvonne Austen and Jane Wilding.

2. Minutes of the last AGM

Bijam noted difficulty in downloading the attachments for the AGM. Others hadn't received calling papers. Gill apologised for this and confirmed that the calling papers had been emailed to all members and were also available to download from the website.

There were no matters arising from the minutes and nobody had any comments or issues to raise. The minutes of the last AGM, March 2018 were proposed as a correct record by Sara Matchett and seconded by Patricia Clapham.

3. Presentation of the Annual Report and review of 2017-18

Gill noted that the Annual Report covers all the main areas of work and will also be circulated to members by email. 2017-18 was a busy time for Yoga Scotland and trustees, staff and tutors have worked hard to deliver and develop the charity's main business. In particular trustees have taken on a lot of work in developing the website and magazine.

Gill thanked trustees, who are all quite new to the role, and have had to learn fast. The commitment of course tutors and support workers was appreciated and they were thanked for all their hard work for Yoga Scotland.

Gill noted that trustees will now report on their specific areas of work during 17-18:

a) Website

Susie reported that the 'old' website wasn't working for Yoga Scotland and has needed a lot of work to develop it. The aim has been to use the website to reduce workers' time on administration and to give YS the information it needs. The website development contract went out to tender. The first phase is to enable membership renewal through the website. The next phase will be to book OGT and events via the website and to automatically record CPD points. All the work is data protection compliant and reduces the need to store databases on laptops. Other benefits will be coming on stream, eg downloading the magazine. There have been some teething problems but the work has mostly gone well. Teachers are now able to list and update their own classes via the website whenever, and as often as, they wish.

Sara Matchett noted that paypal commission is applied to bookings through the website but not for BACs payments. It was noted that BACs payments require worker time and costs.

b) Magazine

Trudy reported that she has taken over from Mick as editor. Mick succeeded in taking the magazine forward and Trudy is continuing to make the magazine more contemporary. The magazine is a great way to develop YS brands. Trudy is impressed by the quality of articles and knowledge in past magazines and suggested building on this by injecting more humanity and humour. Trudy encouraged members to contribute with personal stories, articles and recipes.

Adverts are now designed at a cost of £35 and will belong to the advertiser to use wherever else they choose.

Ann Hunter asked about progress with selling the magazine. It was noted that this was going well and Trudy encouraged teachers to sell, even a few, magazines to their students.

Magazine income needs to increase through increased advertising and sales.

It was noted that YS's Facebook presence has increased and Trudy is responsible for this. Social media needs built on, particularly Instagram and volunteers were invited to help with this. Evanna Nash noted that Facebook is a good tool to build community. Alan Elkington offered to pay for the postage of his magazine and also gift aid it. It was agreed that this is a good idea and will be investigated. Jackie Le Brocq asked if members can use YS Facebook to promote classes and courses. It was reported that trustees have recently agreed that only YS courses are to be promoted on the organisation's Facebook. Lindsey asked if there is a YS logo that teachers could download and use. It was reported that this has been discussed recently and is in the pipeline.

c) PVG (Protection of Vulnerable Groups)

Gill Swales reported that the PVG group has been involved in keeping policies up-to-date for the website and making sure that workers have up-to-date information.

In addition, Gill Swales and Janis Ross are working on YS signing up to the SAMH (Scottish Association for Mental Health) charter with the aim of developing a YS action plan.

d) GDPR (General Data Protection Regulation)

Janis Ross reported that new legislation came in to force last year so lots of work has been needed to update and produce policies and statements to keep YS compliant. Janis drew attention to the article in the magazine with advice for teachers on how to keep GDPR compliant.

e) Training Courses

Evanna Nash and Lynsey McFarlane reported that the Training Sub-Committee now covers training courses, OGT (on-going training) and events. Trustees are aiming to visit all courses once or twice. Courses run in 17-18 were outlined and it was confirmed that all courses are evaluated. Unfortunately Dumfries Foundation Course and Living Yoga Courses weren't able to run due to low numbers.

Lynsey outlined changes to TT (Teacher Training) courses. There is now one lead tutor working alongside A+P and Philosophy tutors. Visiting tutors are a new development and TT students can now benefit from the expertise of several visiting tutors throughout their course. Lynsey has visited the new Glasgow TT course several times. The course is going well and there has been a lot of positive feedback. Lead TT tutors Cathy Swan and Judy Cameron are working closely together to ensure both TT courses are on a par.

f) OGT (On-going Training for teachers)/Events

Kerry Cooper and Ulrike Graham reported that OGT workshops are going well. An Aberdeen day had to be cancelled due to low numbers. The Training Sub-Committee is working to develop OGT and weekend workshops have been introduced with the benefit of teachers exploring a topic in greater depth and being able to accrue all CPD points in one weekend. A bespoke and certified Emergency First Aid for Yoga Teachers has also been introduced. Next year, trustees are planning to offer more weekend workshops and a children's teacher training module.

In 19-20, the plan is to extend the number of training courses offered to 4 Foundation Courses, 2 Living Yoga Courses and introduce a new Yogic Living and Teaching Course aimed at teachers. Courses will also be taking place in different parts of Scotland, eg Living Yoga in Aberdeen and new Foundation Courses in Galashiels and Glasgow.

Ulrike reported that trustees are planning to offer more days for ordinary members and noted that there are sheets in the dining room for members to complete with their feedback on this. There was a question about first aid no longer being part of the TT courses. It was clarified that TT students are now asked to complete emergency first aid through the OGT programme.

4. Financial Report and Accounts

Gill noted that a summary of the accounts is contained in the annual report. The accounts are in final draft stage at present. Kath McDonald will report on behalf of Olive Gardiner who has stood down as treasurer.

Kath explained that YS's net expenditure is greater than income. Trustees are taking action on this and have met with a financial consultant for advice. The website development has meant greater expenditure but will eventually reduce workers' time and costs. Insurance costs have risen and trustees propose an increase in membership fees to account for this. Approval of the summary accounts was proposed by Kath McDonald, seconded by Susie Arnott and agreed by the meeting.

Bijam proposed agreement to an increase in membership fees, seconded by Alan Elkington. This was agreed with 26 votes for and 2 against.

5. Trustees terms of office

a) Resignations

Gill reported that there have been 2 resignations in the last period - Olive Gardiner and Mick Gallagher. Gill thanked Olive for continuing to finish the accounts despite her resignation. Her knowledge of charities and accounts have helped to guide trustees and will be missed. Gill thanked Mick for the lively changes he has brought to the magazine and congratulations on the birth of his son.

Kath McDonald will be standing down at this AGM. Gill thanked Kath for the fantastic job she has done as secretary and for her many years of selfless karma yoga for Yoga Scotland as a trustee and previous Executive Committee member.

Kath has been invited and agreed to join Bijam, Ann Hunter and Fiona McOwan as a YS advisor.

b) Co-options

There have been 3 co-options in the last period – Kerry Cooper, Yvonne Davies and Trudy Morrison. Yvonne has been unable to attend trustee meetings and does not wish to stand for election.

c) Elections

Kerry and Trudy were proposed as trustees by Jackie Le Brocq, seconded by Anne Brown and agreed by the meeting.

Anne Brown attended the February trustee meeting as an observer and has agreed to stand as trustee and take up the vacant secretary position. Anne was proposed by Alan Elkington, seconded by Jackie Le Brocq and agreed by the meeting.

Chris Morrison has agreed to stand as trustee and take up the vacant treasurer position. In his absence, Chris was proposed by Fiona Webber, seconded by Susie Arnott and agreed by the meeting.

From the floor, Lucy West volunteered to join the Board of trustees and represent the Aberdeen area. Lucy was proposed by Ruth McDowall, seconded by Bijam and agreed by the meeting.

6. EUY (European Union of Yoga)

It was agreed at the last AGM to table discussion on future affiliation to EUY. Bijam attended the last EUY annual Congress in Zenal. Bijam reported that she was honoured to be invited

to teach at congress. Congress was very welcoming and not very organised. The organisers are all volunteers and serious yogis. EUY's main work is to approve TT yoga programmes throughout Europe. Ireland has just recently met the EUY criteria.

YS is currently a 'provisional' member of EUY. This could be upgraded if and when the EUY criteria of offering a 500 hour TT course over 4 years is met. The affiliation is £450 a year and there are no clear, direct benefits to YS. Individuals are able to join EUY.

The vote to re-affiliate to EUY was carried with 15 for, 9 against and 5 absentions.

Susie noted that it is hard to make the EUY affiliation work for YS and Gill asked for suggestions on how to do this. Bijam offered to help. Janis asked for clarification on what provisional membership covers.

7. AOCB

a) BWY (British Wheel of Yoga)

Gill reported that she has been trying to build liaison with BWY and is in contact with Richard Adams, the current Chair. In particular, Gill has aimed to achieve reciprocal agreement and recognition of Teacher Training Course Diplomas and OGT/IST (In-service Training) workshops.

Hannah Kinnear noted problems accessing the BWY IST programme.

b) Governing Body Status

Gill reported that Sport Scotland is in the process of reviewing YS's governing body of yoga status and she has working with them to provide the necessary information. Gill confirmed that there is no cost attached to this.

c) Risk Assessments

Judy Cameron asked if YS has a risk assessment format for (1) tutors, (2) yoga teachers.

Gill thanked Judy for her question and noted that she will come back to her on this.

8. Date of next AGM

Saturday 14 March 2020. Venue to be confirmed.

Members present:

Gill Gibbens	Kath McDonald	Evanna Nash
Kerry Cooper	Ulrike Graham	Janis Ross
Anne Brown	Susie Arnott	Ann Hunter
Cathy Swan	Gill Swales	Alan Elkington
Bijam	Denise McNulty	Eilidh MacLeod
Elaine Samson	Fiona Fisher	Fiona Webber
Hannah Kinnear	Jackie Le Brocq	Jacqueline Sloss
Jill Dobbie	Judy Cameron	Julie McCarvel
Lindsey Porter	Lorraine Izzett	Lucy West
Lynsey McFarlane	Michele Pinkerton	Patricia Clapham
Ruth McDowall	Sara Matchett	Sue Jenkins
Trudy Morrison	Derek Doyle	Avril Trickett
Hilary Webber		

Non Members present:

Andrew Hardman, Hannah Wood, Linda Winters, Marija Kovandzic, Sarah Cornelious



Apologies:

Fiona McOwan
Anne McNaughton
Angela Smith
Hilda Lang
Catriona Nardini
Katy McFarlane
Jacci Stoye
Sue McLennan
Tamsin Geddes
Mary McGarrie
Hannah Wood
Aileen Borthwick

Kath Coppock
Christine Purves
Caroline Smart
Leah Lyon
Carol Godridge
Margaret Wesencraft
Greta Pattison
Paula Marshall
Wendy Johnston
Simone Janse van Rensburg
Rona Main
Audrey Walker

Sue Devlin
Jayne Wilding
Ruth Plevin
Sue Atkinson
Barbara Williams
Lisa Tatum
Jim Fraser
Maria Rawlings
Janice Gavin
Susan Neal
Manjulika Singh
Jill Travers