

Yoga



SCOTLAND

ANNUAL REVIEW



September 2018 - August 2019

Introduction from the Chair

The year from September 2018 to August 2019 has been another busy period for Yoga Scotland with lots of developments and innovations across the organisation. We have run more training courses in the past year and some in new areas of Scotland. The website can now be used for booking on-going training and yoga days and our profile has increased thanks to a small group of creative communications volunteers who have been developing social media. The magazine has gone from strength to strength and is now available to non-members through annual subscription.

Yoga Scotland is now a signatory to the Scottish Association of Mental Health (SAMH) charter. An action plan has been submitted and accepted. Scotland's Mental Health Charter for Physical Activity and Sport aims to improve equality and reduce discrimination to ensure there is no barrier to engaging, participating and achieving in physical activity and sport.

Trustees have a watching brief on issues related to data protection and PVG (protection of vulnerable groups). They are currently investigating suitable PVG training that could be offered to yoga teachers.

Yoga Scotland has had its Governing Body of yoga status renewed by Sport Scotland following a rigorous review period and membership is increasing. Yoga Scotland is fortunate to have such a committed and resourceful group of trustees supported by our dedicated tutors, volunteers and support workers. This will be my last annual review as Chair of Yoga Scotland. I will be retiring at the AGM and passing the baton on! I'm delighted to be leaving the organisation in such good hands and thank everyone I've worked with over the past 2 + years.

Gill Gibbens



Board of Trustees

Gill Gibbens	Chair
Anne Brown	Secretary (appointed 9 March 2019 and resigned 7 January 2020)
Chris Morrison	Treasurer (appointed 9 March 2019)
Evanna Nash	Vice-Chair
Susie Arnott	
Kerry Cooper	
Yvonne Davies	(co-opted 10 September 2018 and resigned 9 March 2019)
Mick Gallagher	(resigned 7 November 2018)
Ulrike Graham	
Kath McDonald	(resigned 9 March 2019)
Lynsey McFarlane	(resigned 3 May 2019)
Trudy Morrison	(co-opted 19 October 2018 and appointed 9 March 2019)
Janis Ross	(resigned 28 April 2019)
Gill Swales	
Lucy West	(appointed 9 March 2019)

Yoga Scotland Advisors

Bijam (Jenni Connaughton), Ann Hunter, Kath McDonald, Fiona McOwan.

PVG (Protection of Vulnerable Groups)

Susie Arnott, Sandra Cook, Gill Swales

Training Co-ordinator Elaine Samson

Administrator Maria Rawlings (left August 2018)

Training Administrator Tamsin Geddes

Yoga Scotland Membership Numbers

Individual Membership	2018-2019	2017-2018
Ordinary	84	68
Teacher	259	249
Student teachers	25	30
Students.....	37	62
Total	409	438
REPs (Register of Exercise Professionals).....	11	15

Magazine

There were three magazines from September 2018 to August 2019:

Issue 57 September 2018; A Colour Perspective (Mick Gallagher, Ed)

Issue 58 January 2019; Yoga as a Healing Art (Trudy Morrison, Ed)

Issue 59 May 2019; Space (Trudy Morrison, Ed)

Trudy Morrison replaced Mick Gallagher as Editor in October 2018. Trudy's vision has been to use the magazine to communicate the change of organisational style in Yoga Scotland. She started by changing the look and format of the magazine to something more modern and relevant, seeking to move the publication from having a newsletter feel to having one of a professional magazine.



Wherever possible adverts are professionally designed

to make them more attractive to potential customers and to make the publication more appealing to external advertisers and retail outlets.

In order to cultivate a stronger sense of our yoga community, a letters page and News & Community section have been introduced, and there is a strong ethos in having members' stories and experiences shared in the pages alongside higher profile practitioners within the industry. There has also been the introduction of competitions in conjunction with third parties, and it is hoped that we can continue to attract giveaway opportunities for our members.

Because of the amount of work involved in producing *Yoga Scotland Magazine*, Trudy has put together a team of graphic designers, copy-editors and proofreaders so that when she steps down as editor this year there should be a smooth handover to the incoming editor.

Yoga Scotland Magazine is now wrapped in biodegradable bags and posted direct from the printers, and annual subscriptions are available to non-members. It is hoped to sell *Yoga Scotland Magazine* across studios in Scotland; finding retail outlets will be the next step to moving the publication forward in step with the refreshed outlook of the organisation as a whole, using it as an integral part of Yoga Scotland's marketing strategy.

Events

Gill represented Yoga Scotland at an event at the Scottish Parliament hosted by Scottish Association for Mental Health (SAMH) and Lindsey Porter. Yoga Scotland has been working towards signing up to SAMH's charter.

Bijam was invited to teach at the European Union of Yoga's Congress in Zenal and represented Yoga Scotland.

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

Training Courses 2017-2018

Foundation Courses

Two Foundation Courses ran in 2018-19 in Aberdeen, and Polmont. In June 2019, 36 students completed Foundation course.

Aberdeen Foundation Course tutors: Sandra Cook and Rona Main

Central Foundation Course tutors: Ali Freeman and Lindsey Porter

Sue Jenkins and Fiona Webster delivered anatomy and physiology sessions for Foundation Courses.

Teacher Training Courses

2018-19 saw 13 students starting the Edinburgh 500 hr teacher training course with Judy Cameron as lead tutor, supported by Elizabeth Roberts on philosophy and Amy Hanlon on anatomy & physiology. Glasgow teacher training course continued into its 2nd year with Cathy Swan as lead tutor, supported by Elizabeth Roberts on philosophy and Sue Jenkins on anatomy & physiology. Both courses were joined by visiting tutors throughout the year including Jackie Le Brocq, Yvonne Austen, Sue McLennan, Rosalind Garton, Bijam and Lindsey Porter.

Glasgow TT course completed in June 2019 with 12 students receiving their diplomas.

Yoga Scotland's comprehensive 500 hr teacher training course aims to produce professional and effective yoga teachers. The course is part-time over 15 weekends including 2 residential weekends, personal practice, assignments, self study and 3 external teaching assessments.

OGT 2018-219

Tutor	Topic	Location	Attended
Stephen Braybrook The Movement Man	Applied biotensegrity in Yoga - the biomechanics for functional movement	Glasgow	29
Stephen Braybrook The Movement Man	How to reduce internal and external stress and why the habit of stress can be addictive	Glasgow	30
Paul Harvey	The art of hatha energetics (2 day workshop)	Edinburgh	20
Yvonne Austen	Observation, adjustment and assistance	Dunfermline	25
Jenny Livingstone	Sound and visualisation in pranayama	Glasgow	23
Sue McLennan	Bringing the autogenic sequence into our yoga practice (2 day workshop)	Galashiels	20
Jackie Le Broq	Bandha and Mudra	Edinburgh	26
Jacqueline Purnell	Sequencing of vinyasa flow to upward bow or wheel posture	Glasgow	24
Andrea Duffin	Meditation for Children	Edinburgh	20
Fiona Clarence	Working with young adults and emotional stress	Glasgow	20
Jackie Le Brocq	Journey Towards Meditation	Aberdeen	9
Sandra Kirkham	First Aid for Yoga Teachers	Perth	10
Sandra Kirkham	First Aid for Yoga Teachers	Edinburgh	13
Sandra Kirkham	First Aid for Yoga Teachers	Galashiels	15
Yvonne Austen and Jacqui Tweddle	Yoga and joint hypermobility	Polmont	22

Website

Susie has continued to oversee the website development on behalf of trustees and it is now being successfully used by most members. Courses are easily booked and paid for online, though we still have alternative options for those who prefer. Development during this year means that from September 2019, CPD points will be allocated within the website, saving a tedious admin task. Members have their own profile and teaching members can add and remove the classes they want to advertise. This is a massive improvement from waiting for an administrator to do this in your behalf. We also have the option of receiving a PDF version of our magazine, saving the environmental impact of printing and distribution. Members can opt in to receive additional notifications not directly connected to Yoga Scotland business, such as learning about extra workshops from members or magazine advertisers. (Just tick the box in your profile). The website will continue to develop over time. Susie will be standing down at this AGM (having unexpectedly taken on this role after our EGM two years ago), but is more than ably followed by Declan Mair. Susie would like to thank our developers, AlbanyWeb, who have supported us in our quest to grow a website that supports both members and YS support workers, for understanding our place in the world and for their endless patience.

Governance

There have been 4 trustee meetings in 2018-19 in October, February, May and August. Trustees attended training facilitated by Shirley Otto in December 2018 in Berwick. The training aimed to ensure that Yoga Scotland trustees are clear and confident about their role and responsibilities and to develop good governance practice for the organisation. Trustees have contracted HR and Finance consultants for advice and guidance in these areas to ensure that they are complying with trustee and organisational requirements. Trustees welcomed Trudy as editor Chris as Treasurer, Anne as Secretary and Lucy to assist with representing Yoga Scotland in the Grampian area. Janis and Lynsey have taken time out as trustees and we thank them for their contributions and hope to have them back in the future.

Finance

Statement of Financial Activity

	Year to 31/08/19	Year to 31/08/18
	£	£
Income		
Training Course fees	75,045	79,424
Membership fees	21,368	15,764
Less Insurance Component	(3,872)	(4,884)
Magazine sales & advertising	2,682	595
Income	125	-
Sundry income	838	130
	96,186	91,029
Expenditure		
Charitable Activities		
Write down of equipment	265	266
Tutors' fees & facilities	67,698	72,151
Bursaries awarded	3,235	3,900
Magazine printing & postage	7,008	4,817
Insurance costs	141	740
Advertising & subscriptions	7,532	4,456
Administrative costs	286	979
	86,165	87,309
Support Costs		
Finance		
Bank Charges	651	176
Governance costs		
Trustees' expenses	3,661	1,585
Administration expenses	1,186	1,501
Clerical assistance	9,026	9,980
Sundries	834	300
Accountancy & legal fees	4,110	4,489
	18,817	17,855
Total resources expended	105,633	105,340
Nett expenditure	(9,447)	(14,311)

NB These draft summaries have been produced by the accountant and are yet to be finalised