

# THE INNER YOGA TRUST

England & Wales · Charity number 1068211

## Details

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Other names	HEART YOGA, INNER YOGA TRUST, YOGA OF THE HEART SCHOOL
Status	Registered
Legal form	Trust
Registered	1998-02-18
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	Failte Barrs Brae Kilmacolm Inverclyde PA13 4DE
Phone	07942777316
Email	<a href="mailto:treasurer@inneryoga.org.uk">treasurer@inneryoga.org.uk</a>
Website	<a href="http://www.inneryoga.org.uk">http://www.inneryoga.org.uk</a>

## Activities

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**Objects:** TO ADVANCE EDUCATION AND RELIEVE SICKNESS IN PARTICULAR BY TEACHING YOGA POSTURES BREATHING RELAXATION AND MEDITATION AND OTHER BODY WORK AND ADVANCING THE PUBLIC EDUCATION AND HEALTH THROUGH THE PROVISION OF TEACHER TRAINING BURSARIES AND RESEARCH.

**Activities:** Our mission is to advance education and relieve sickness in particular by teaching yoga postures, breathing, relaxation, meditation and other body work and advancing the public education and health through the provision of teacher training, bursaries and research.

## Classification

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- **How:** Makes Grants To Individuals, Provides Services, Sponsors Or Undertakes Research
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability, Recreation
- **Who:** Children/young People, Elderly/old People, People With Disabilities, The General Public/mankind

## Geography

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- Scotland
- Throughout England And Wales

## Finances

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Period end	Income	Expenditure	Assets	Employees
2024-12-31	£3,620	£3,021	-	-
2023-12-31	£3,753	£3,455	-	-
2022-12-31	£11,698	£15,019	-	-
2021-12-31	£10,750	£11,864	-	-
2020-12-31	£8,972	£8,472	-	-

## Trustees

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Name	Role	Appointed
David Goddard		2017-06-18
KATE ROWLAND		2013-01-29
Victoria Watson		2023-01-01