

THE TRADITIONAL YOGA ASSOCIATION

England & Wales · Charity number 1091469

Details

Status Registered

Legal form Other

Registered 2002-03-28

Register [View on the Charity Commission register](#)

Contact

Address 84 Kenilworth Avenue
Reading
RG30 3DW

Phone 01189581817

Email enquiries@traditionalyoga.org

Website www.traditionalyoga.org

Activities

Objects: 1. TO PROMOTE PUBLIC EDUCATION IN THE THREE FACETS OF THE YOGA DARSHAN: JNANA, BHAKTI AND KARMA WHICH INCLUDE EDUCATION AND RESEARCH, DEVOTIONAL AND SPIRITUAL PRACTICES AND RITUALS AND THE FULFILMENT OF THE RESPONSIBILITIES OF CARE AND SERVICE; 2. TO PROVIDE RELIEF FOR PEOPLE WHO ARE IN FINANCIAL NEED; AND 3. TO PROMOTE EDUCATION BY THE PROVISION OF SCHOOLS AND EDUCATION TO THE PUBLIC. THE TRUSTEES MUST USE THE INCOME AND MAY USE THE CAPITAL OF THE TRUST IN PROMOTING THE OBJECTS.

Activities: To promote public education in the three facets of the Yoga Darshan: Jnana, Bhakti and Karma which include education and research, devotional and spiritual practices and the rituals and the fulfilment of the responsibilities of care and service.

Classification

- **How:** Makes Grants To Individuals, Makes Grants To Organisations, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research
- **What:** Education/training, The Prevention Or Relief Of Poverty, Religious Activities, Arts/culture/heritage/science
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** NOT DEFINED. IN PRACTICE WORLDWIDE
- India
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-06-30	£46,164	£42,978	-	-
2024-06-30	£38,910	£59,040	-	-
2023-06-30	£67,463	£53,083	-	-
2022-06-30	£56,223	£63,008	-	-
2021-06-30	£59,452	£52,247	-	-

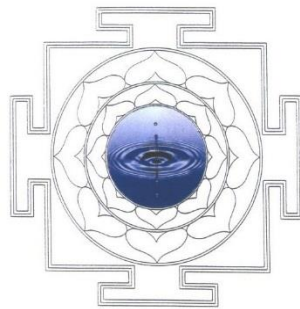
Trustees

Name	Role	Appointed
DR UDDHAVA SAMMAN		2002-02-06
Hamulata Dinkarbai Patel		2021-04-01
PENNY HITCHINGS-JONES		2002-02-06
WILMETTE BROWN		2002-02-06

THE TRADITIONAL YOGA ASSOCIATION

England & Wales - Charity number 1091469

Accounts



Traditional Yoga Association[®]
Constituted by Deed of Trust on 6 February 2002

Charity Number 1091469

Annual Report

1st July 2024 – 30 June 2025

Annual Report of the Traditional Yoga Association® 2024/25

Founded in the UK in 1995, the Traditional Yoga Association® (TYA) was registered as a charity by Trust Deed on 6th February 2002. This Annual Report covers the period from 1st July 2024 to 30th June 2025.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name and Charity Number

The Traditional Yoga Association® is registered as a charity with the Charity Commission number 1091469.

The Traditional Yoga Association is also known as the TYA.

Charity's principal address

84 Kenilworth Avenue, Southcote, Reading, Berkshire RG30 3DW

Chairperson of the Charity

Swami Ambikananda

The Trustees serving during the year were as follows:

Dr Uddhava Samman
Ms Wilmette Brown
Ms Penny Hitchings-Jones
Mrs Hamulata Patel

Independent Examiner

Mr Ketan Bhadresa

Bankers:

Lloyds Bank, Broad Street, Reading, RG1 2BT
Co-operative Bank, PO box 250, Skelmersdale, WN8 6WT

Insurance Brokers:

Balens, Bridge House, Portland Road, Malvern, Worcs. WR14 2TA

Towergate Insurance, Towergate House, First Floor, 5 Airport West, Lancaster Way, Yeadon, Leeds, LS19 7ZA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Trust Deed

The Traditional Yoga Association[®] is a registered charity and is governed by its Trust Deed dated 6th February 2002.

As set out in the Trust Deed future Trustees will be appointed by resolution of the Trustees. New Trustees are given induction by the Trustees and are able to attend courses where relevant, in order to fulfil their role as Trustees.

Risk Management

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To provide relief for people who are in financial need; and

To promote education by the provision of schools and education to the public.

To reach our first charitable objective we built the three facets of Yoga into our organisational structure. To cultivate Jnana Yoga we offer Yoga Teachers Courses to train Yoga teachers; topical Yoga workshops; Philosophy courses; Meditation courses; and workshops open to all. The philosophy of Yoga is taught in specific classes but it is also an important and integral part of every course offered by the Traditional Yoga Association®.

As part of our Bhakti Yoga the TYA organises devotional functions which bring together members of diverse ethnic and religious backgrounds providing both inter-cultural education and spiritual expression.

As part of our Karma Yoga we set up The MUKTI Project and ring-fenced funds to support dispossessed and endangered children in India and since 2013 we have been giving grants to charities in England that help people who are homeless. This is our Yoga practice of working for others rather than oneself alone.

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The Traditional Yoga Association provides a very high standard of training for those who wish to become Yoga teachers and the provision of support and CPD for teachers after they have completed their course.

The TYA offers Yoga classes, courses, workshops, meditation courses and philosophy classes open to all and seeks to teach Yoga in a way that improves the physical, mental and spiritual health of everyone who attends the classes. The Charity welcomes all adults to its classes, trainings and courses regardless of their age, race, faith, gender, sexual orientation or personal circumstances. Where possible bursaries are given to people who are unable to afford classes or courses taught by the Traditional Yoga Association. The TYA also produces publications and CDs as another way to educate members of the public.

The TYA set up the MUKTI Project to raise funds to support the education and care of endangered children in India and more recently the charity has started donating to projects that support homeless people in the UK.

Our Trustees have given careful consideration to the Charity Commission Guidance on Public Benefit (2013).

ACHIEVEMENTS AND PERFORMANCE

Financial Review

The Trustees present their report with the financial statements of the charity for the year ended 30th June 2025. Please see the Receipts and Payments Accounts for a full report.

In the period from 1st July 2024 to the 30th June 2025 the total income was £46,164 and the Expenditure was £42,978. Of this £16,727 was income specifically for The MUKTI Project.

Grants totalling £16,000 were allocated from Restricted funds by The MUKTI Project. The remaining funds belonged to the next financial year's allocation of grants.

Charity Reserves Policy

Since the Charity's overheads are relatively small the Trustees do not wish to hold large reserves in unrestricted funds. However, given the current uncertainties caused by the increase in the cost of living, the Trustees now aim to maintain Reserves equivalent to the average annual expenditure from unrestricted funds for the previous two financial years.

The balance at 30th June 2025 stood at £18,374 in unrestricted funds. This amount is lower than the amount recommended in the Charity's Reserves Policy, however, two months after the end of the financial year the TYA received a grant of £15,000 from the Philo Trust bringing the charity's balance to slightly higher than the amount stipulated in the Charity's Reserves Policy. The Reserves Policy will continue to be reviewed every six months to ensure that it continues to be appropriate for the work of the Charity.

Review of Activities of the TYA 2024/25

The Philo Trust

The Traditional Yoga Association was very grateful to receive a grant of £15,000 from the Philo Trust during this year which has enabled us to train new Tutors to teach the TYA Teachers Course, to develop new classes, workshops and courses, and to underpin the work of the TYA. Our teachers are trained in the full spectrum of physical Yoga (asana, pranayama, etc.) *and* its rich philosophy ~ and the Philo Trust grant has enabled us to successfully maintain and grow this approach.

CURRENT TYA TEACHERS

The TYA's Traditional Yoga Teachers Course is a two-year course which includes the philosophy of Yoga. As many who want to teach have little experience of philosophy, when we created our Teachers Training course we decided to limit the numbers on each course so that individual help and attention could be offered. To date, 135 people in the UK have completed our Yoga Teachers Training Course and 42 people in Spain have completed it. Currently, over 125 Traditional Yoga classes taught by our teachers to more than 1,230 people per week are taking place across the country from Devon in the West to London and Hertfordshire in the East and to Cheshire in the north.

All TYA teachers include philosophy and meditation as part of their classes. A number of teachers report also teaching separate meditation/philosophy classes.

In addition, a few years ago, we launched the For Life Yoga (FLY) Classes that are specifically designed for older people. Currently there are 17 of these classes being offered each week, being taught by 10 TYA teachers in the UK. As this is the fastest-growing segment of the UK population, we are looking to expand this number in the coming years. The FLY course ~ which is mostly chair-based ~ can also be used for disabled students. To date we have only offered this training to our TYA trained Yoga teachers; however, we are now looking at how it may be offered to teachers from diverse Yoga schools and what needs to be added to it in order to do this.

TYA TUTOR TRAINING PROGRAMME

Yoga Teacher Training Course

(Training the next generation of Yoga Teacher Tutors)

During 2025 and continuing into 2026, Swami Ambikananda has taught and will continue to train, support and develop five new TYA Tutors to teach the Yoga Teacher Training course. Having completed the first stage of their training in 2024, two Tutors started teaching a Foundation Course and developed that into a new Teacher Training Course in their own area ~ one in Hertfordshire, and the other in Reading, Berkshire.

Throughout this year Swamiji has given these Tutors support and on-going training on each aspect of the Teachers Course. This training will continue in 2026 until the completion of the training of these five is complete.

Training the next generation of tutor trainers is important and takes time for the new Tutors to learn the skills needed to become excellent trainers and continue the work of the TYA into the future. As part of the process of handing over the teaching of the Yoga Teachers Course to the new Teacher trainers Swami Ambikananda revised all the course material ~ including the notes for the students ~ as well as providing a full package of training materials.

TYA Yoga Foundation Courses

Before applicants can progress to the Teachers Course, they have to complete the TYA Foundation Course. Currently, the new Senior Tutors have completed four such courses in Reading and Hertfordshire.

Teachers Continuing Professional Development (CPDs)

The TYA organises CPD workshops every year for TYA teachers as well as teachers from other schools who wish to deepen their study of Yoga. During this year we offered the following courses:

Pranayama workshop

A four-hour in-person workshop on pranayama was taught by one of our new Senior TYA Tutors in June 2025, and 19 teachers and trainee teachers attended the workshop.

Pranayama is an important aspect of Yoga and the tutor taught a highly practical and experiential workshop for TYA teachers. He presented some innovative ideas on how pranayama can be woven into their Yoga classes as a means to experience prana and develop a sensitivity to its flow.

The ‘Pop-Up Ashram’ Retreats

This past year saw the first in a series of the ‘Pop-up Ashram’ 3-hour Retreats. The word āśrama is derived from the Sanskrit root śram (śram), meaning "to toil" or "to strive". With the prefix ā it becomes a place of ‘less’ toil. Our students’ lives have ~ with everyone else’s ~ become busier. In this series of three-hour workshops Swami Ambikananda will take Yoga teachers through 3-hour retreats that they can create for their students ~ the ‘Pop-up Ashram’ offering a break from a hectic schedule with a dive into all aspects of Yoga. These workshops will offer valuable information that they can also use in their everyday classes.

The first of the 3-hour ‘Pop-up’ retreats was:

Maintaining Energy in Winter

The first three-hour in-person retreat was taught by Swami Ambikananda, 24 Yoga teachers came to the workshop, and the feedback afterwards was excellent.

The retreat covered the Yogic and Ayurvedic teaching on prana, the doshas and dhatus and, in particular, ojas. Ojas is our vigour, our deepest, inner strength. The long cold months of winter are particularly challenging to it. This workshop explored ojas in relation to body/mind and cover all aspects of Yoga that help maintain ojas through the winter. It also looked at the more subtle

elements of maintaining ojas, like reminding us of meaning and purpose through Yoga philosophy and meditation.

First Aid Course

The TYA requires all its teachers to have a valid First Aid certificate and a basic knowledge of CPR and First Aid. Each year we invite the British Red Cross to teach a First Aid course for TYA teachers so that everyone has a valid certificate.

TYA Teachers' Master Classes

Swami Ambikananda continues to teach master classes to teachers from the TYA and other Yoga schools so that they learn new material as well as further develop their teaching skills. The classes are online to enable people to join from anywhere in the UK and beyond.

The Three Ms Yoga Class: Meaning, Movement and Meditation

In 2025 Swami Ambikananda started teaching a new weekly Master Class called Meaning, Movement and Meditation. This class comprises 20 minutes of Yoga Philosophy, 30 minutes of Yoga asana and 20 minutes of meditation.

Swami Ambikananda continues to teach an early morning class as well as an online Yoga class for older adults.

Yoga and Meditation for people with Multiple Sclerosis

In addition to mainstream Yoga classes, some of our teachers teach specialist classes to enable people with disabilities to be able to benefit from Yoga:

We were delighted to learn that the Berkshire MS (Multiple Sclerosis) Therapy Centre based in Reading received the 'King's Award' for Voluntary Services (KAVS). The KAVS honours outstanding local volunteer groups and is the highest award given to local voluntary groups in the country. The award is equivalent to an MBE and

is only given to a small number of organisations each year. There are only two Yoga teachers teaching for the MS Therapy Centre and they are both Senior TYA teachers, Uddhava Samman and Hema Patel, who have worked with people with MS for many years.

TYA Chanting and Sacred Scripture Study Group

In May 2025 Swami Ambikananda started teaching a Sacred Scripture study group once a month for TYA Yoga teachers and students as well as people from other Yoga schools and the local community. She began by teaching about Sage Valmiki's Ramayana. Swamiji considers this beautiful scripture as the 'how to be the best you can be when things go horribly wrong' teaching ~ so appropriate for the times we are living through.

TYA Blog

Swami Ambikananda wrote two articles to accompany two of the sessions on the Ramayana and these were posted on the TYA website so that the teaching of Yoga Philosophy could reach a wider audience as well promoting the work of the TYA.

In addition, Senior TYA teacher, Luci Trendle, wrote a Blog on 'The Gong Bath – a Peak experience?'

<https://www.traditionalyoga.org/blog.html>

ADDITIONAL TYA ACITVITIES IN 2024 / 2025

E-book Publications

The Patanjali Yoga Sutras translated by Swami Ambikananda is currently with a publisher being prepared for e-book publication. It should be ready to go on sale within the next few months.

World Yoga Festival

The TYA has developed a reputation for excellence in the teaching of Yoga and was therefore, once again, invited to teach at the World Yoga Festival which took place over four days in 2025 near Henley-on-Thames. This gave TYA teachers an opportunity to showcase the work of the TYA to a wider audience.

Two Senior TYA teachers were invited to teach at the World Yoga Festival: one taught three classes and approximately 150 people came to each class; another taught two classes at sunrise each day which included 108 rounds of Surya Namaskar (Salutations to the Sun).

Duchess of Kent Hospice

Swami Ambikananda was invited to speak at two events organised by the Duchess of Kent Hospice in Reading relating to the spiritual and faith aspects of end-of-life care.

The Duchess of Kent Hospice announced their intention to make this an on-going discussion.



Responsibilities of Care

Discovering the spirit of Yoga on the mat, and then taking that spirit off the mat and into our daily lives, has always been the dream of the teachers of the Traditional Yoga Association ~ and MUKTI is a pathway we created for that.

In 1998 the TYA established the MUKTI Project in order to support the education of impoverished and endangered children in India. Since then we have extended our fund-raising to support homeless people in the UK.

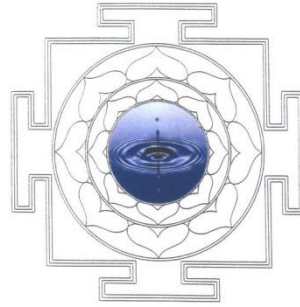
The MUKTI Project continues to be well-supported and the Trustees are grateful to everyone who gave so generously during the year. In this way we feel we live up to the highest ideals of Yoga ~ by giving and sharing.

None of this would be possible without the generosity and hard work of the wonderful people who continue to support the fundraising efforts of MUKTI. It is impossible to name everyone but special gratitude flows from us to our loyal patron Trudie Styler for her support.

During the year a number of people worked very hard to raise money for MUKTI; Swami Ambikananda donated a very beautiful Ramayana (retail price £1,895) and we held a raffle and raised over £2,966. She also donated any diksha (alms) given to her to the project.

With this support, in 2024/25 we were able to give a total of £16,000 in grants to the charities we support in India and the UK and the following grants were given:

- Karm Marg India, a home for street-children in Delhi : £13,000
- New Beginnings, helping homeless people in Reading: £3,000



Traditional Yoga Association
Constituted by Deed of Trust on 6 February 2002

Receipts and Payments Accounts for the period
Year from 01 July 2024 to 30 June 2025

Charity No 1091469

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2024 to 30 June 2025

Balance Sheet	2025			2024		
As at 30 June	£	£	£	£	£	£
Current assets						
Cash at bank and in hand	<u>43,548</u>			<u>40,362</u>		
	43,548			40,362		
Current Liabilities						
Amounts falling due within one year	<u>-</u>			<u>-</u>		
		<u>-</u>			<u>-</u>	
Net current assets		43,548			40,362	
Total net assets		<u>43,548</u>			<u>40,362</u>	
Income Funds						
Unrestricted funds		18,374			15,694	
Restricted funds (The Mukti Project)		24,814			24,668	
		<u>43,548</u>			<u>40,362</u>	

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2024 to 30 June 2025

Income	TYA Unrestricted Funds	Restricted Funds Mukti Project	2025 Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	2024 Total
Philo Trust	15,000		15,000	0		0
Yoga Foundation course	180		180	1,691		1,691
TYA In-service training	1,500		1,500	2,462		2,462
TYA Membership fees	2,045		2,045	2,540		2,540
Book sales	305		305	1,324		1,324
Yoga Masterclasses	8,996		8,996	9,489		9,489
Ramayana study group	161		161			
Blindfold Yoga classes	0		0	30		30
Gift Aid	0	3,967	3,967	0	1,422	1,422
Donations	1,250	9,794	11,044	136	8,631	8,767
Sponsored Garba		0	0		10,600	10,600
Chanting evening		0	0		305	305
Mukti raffle		2,966	2,966		165	165
Zumba classes		0	0		115	115
Total	£29,437	£16,727	£46,164	£17,672	£21,238	£38,910

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Receipts and Payments Accounts for the period 01July 2024 to 30 June 2025

Expenditure	2025			2024		
	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total
TYA Course costs & Development	851		851	1,161		1,161
Trainers' fees	15,925		15,925	19,030		19,030
TYA Video recording	150		150	675		675
TYA monthly blog	225		225	300		300
CIMSPA & Yoga Alliance Membership	780		780	535		535
Amazon fees	186		186	232		232
Purchase of books to sell	206		206	1,000		1,000
Advertising	448		448	918		918
Online classes equipment/support	368		368	1,700		1,700
Travel costs	388		388	172		172
Updating Website & Domain renewal	3,165	500	3,665	3,044	200	3,244
Stationery, printing & postage	1,994	0	1,994	1,476	212	1,688
Public Liability Insurance	479	0	479	352	352	704
Room hire	211	0	211	1,633	25	1,658
TYA administrative costs	0	0	0	10	0	10
Bank charges	0	61	61	30	205	235
Grants	370	16,000	16,370		23,250	23,250
Donations to Mukti	414		414		0	0
Fundraising expenses		20	20		1,933	1,933
Total	£26,397	£16,581	£42,978	£32,863	£26,177	£59,040

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2024 to 30 June 2025

	TYA Unrestricted Funds	Restricted Funds Mukti Project	2025 Total Funds	TYA Unrestricted Funds	Restricted Funds Mukti Project	2024 Total Funds
Surplus in period	£3,040	£146	£3,186	(£15,191)	(£4,938)	(£20,129)
Funds at 1 July 2024	£15,694	£24,668	£40,362	£30,885	£29,606	£60,491
Funds at 30 June 2025	£18,734	£24,814	£43,548	£15,694	£24,668	£40,362



Section A

Independent Examiner's Report

Report to the trustees/ members of

Charity Name TRADITIONAL YOGA ASSOCIATION

On accounts for the year ended

30TH JUNE 2025

Charity no (if any)

1091469

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
• the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed:

Bhadresa

Date:

19/4/26

Name:

MR KETAN BHADRESA

Relevant professional qualification(s) or body (if any):

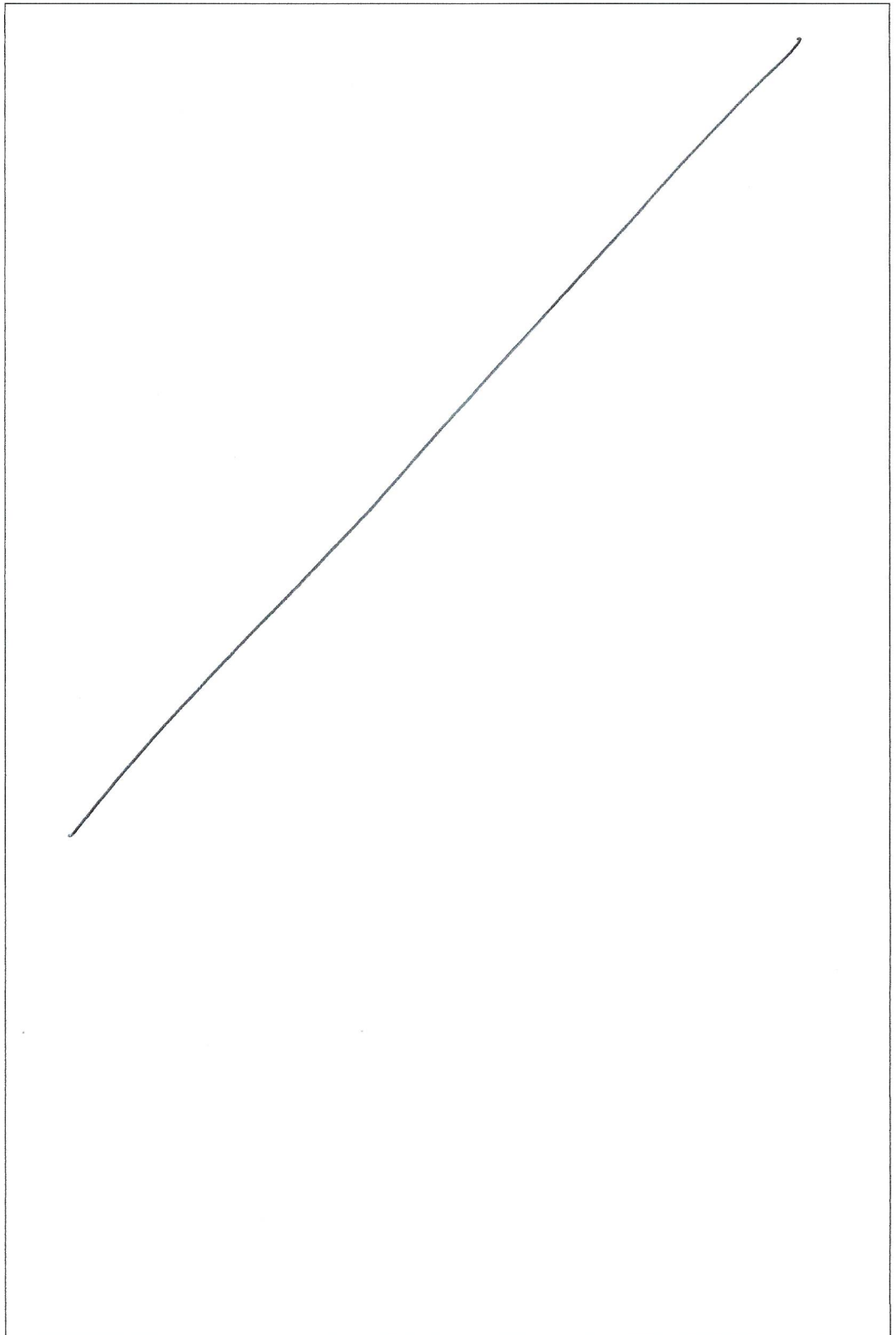
CHARTERED ACCOUNTANT

Address:

15 OLD FARM CRESCENT
TILEHURST
READING RG31 6SS

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

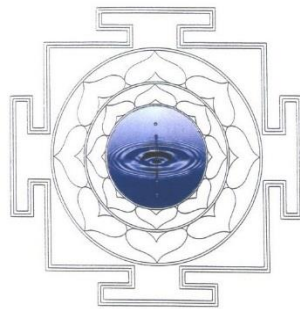
Give here brief details of any items that the examiner wishes to disclose.



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Financial Review

The Trustees present their report with the financial statements of the charity for the year ended 30th June 2024. Please see the Receipts and Payments Accounts for a full report.

In the period from 1st July 2023 to the 30th June 2024 the total income was £38,910 and the Expenditure was £59,040. Of this £21,238 was income specifically for The MUKTI Project.

Grants totalling £23,250 were allocated from Restricted funds by The MUKTI Project. The remaining funds belonged to the next financial year's allocation of grants.

Charity Reserves Policy

Since the Charity's overheads are relatively small the Trustees do not wish to hold large reserves in unrestricted funds. However, given the current uncertainties caused by the increase in the cost of living, the Trustees now aim to maintain Reserves equivalent to the average annual expenditure from unrestricted funds for the previous two financial years.

The balance at 30th June 2024 stood at £15,694 in unrestricted funds. This amount is lower than the amount recommended in the Charity's Reserves Policy, however, two weeks after the end of the financial year the TYA received a grant of £15,000 from the Philo Trust bringing the charity's balance into line with the Reserves Policy. The Reserves Policy will continue to be reviewed every six months to ensure that it continues to be appropriate for the work of the Charity.

Review of Activities of the TYA 2023/24

The Philo Trust

The Traditional Yoga Association was very grateful to receive a grant of £15,000 from the Philo Trust during this year which enabled us to develop new innovative courses, to train the next generation of Yoga Teacher trainers, to make our classes and courses accessible to all, and to allow the TYA to expand and reach a wider audience.

TYA TUTOR TRAINING PROGRAMME

Yoga Teacher Training Course (*Training the next generation of Yoga Teacher Tutors*)

The Yoga Teacher training programme is an important part of the work of the Yoga School and the on-going growth of the TYA. We still offer something quite unique in the field of Yoga: an emphasis on understanding the mechanics of movement and how to teach safely *as well as* the rich philosophy that underpins the teaching of traditional Yoga. In everything that we do the TYA seeks to offer excellence at an affordable price.

Swami Ambikananda has spent much time over the last two years training the next generation of Teacher Tutors ~ those who will go on to carry forward our TYA Teacher Training Course. Having completed offering the Training Course for Tutors of the TYA's Foundation Course in 2023, in 2024 she began training Senior TYA teachers as Tutors to teach the Yoga Teacher Training Course and they will complete their Tutor training during 2025.

Swami Ambikananda has also re-organised and enhanced the Foundation Course and the Teacher Training Course to make it possible for the new Tutors to confidently deliver these courses. To this end, a complete package of training materials has been created, including extensive notes for students and tutors, as well as PowerPoint presentations and teaching plans.

All Teacher trainers are required to teach the same syllabus so that all TYA Yoga teachers complete the same training. However, each Tutor is encouraged to bring their own experience to the course and thus personalise the broader

teaching of Yoga. The TYA Teacher Training syllabus has been approved by The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), which enables all TYA teachers to gain membership of this organisation if they wish. The Teacher Training Course has also been approved and accredited by Yoga Alliance USA.

Yoga Foundation Courses in 2024

One of our Tutors in Hertfordshire taught his second Foundation Course and 10 new students graduated in May 2024. Most of those who attended his Foundation Course now wish to go on to study the Teachers Course with him.

A TYA Tutor in Reading also taught two TYA Yoga Foundation Courses during 2024, and she is also planning to begin a Teachers Course in 2025.

New TYA Courses for Yoga Teachers

Many teachers ~ from different schools ~ speak of the difficulty of introducing philosophy into classes. For example, classes taught in gyms and health centres seem to be centred around ‘fitness’ and ‘flexibility’.

In response, in 2024 Swami Ambikananda, thanks to the invaluable support given by the Philo Trust, was able to develop, write and teach two new postgraduate courses for Yoga teachers about how to integrate the teaching of Yoga Meditation and Yoga Philosophy into Yoga Asana (posture) classes. While meditation and philosophy form part of the basic training of the ‘teacher training package’ we offer, both of these courses offer new teaching concepts and approaches to deepen and expand what teachers can provide.

1. Teaching Meditation for Yoga Teachers Course 1

During March and April 2024 Swami Ambikananda taught a new course on Teaching Meditation for Yoga teachers. It was taught over five sessions and there was great demand for places on the course, which was opened to teachers from other schools. The feedback from the course described it as excellent.

Teaching Yoga Philosophy Course for Yoga Teachers Course 2

Swami Ambikananda developed a new post graduate course on Yoga Philosophy for Yoga teachers and taught this over three sessions. It proved very successful. Twenty-eight people joined the course, more people wanted to do the course but the places were capped at this number to allow Swamiji to focus on each person. The feedback was excellent Swami Ambikananda felt that there is a need for teachers, not only to deepen their understanding of Yoga philosophy, but also to integrate and articulate ‘brief bites’ of this philosophy into what are basically ‘asana’ classes.

TYA Blog

Swami Ambikananda also wrote an article to accompany each of the Yoga philosophy sessions and these were posted on the TYA website so that the teaching of Yoga Philosophy could reach a wider audience as well promoting the work of the TYA:

<https://www.traditionalyoga.org/blog.html>

Yoga Philosophy for Yoga Teachers Course in Spain

In addition to the Yoga teachers in the UK, 42 people have completed the TYA Yoga Teacher training course in Spain, and this has enriched the work of the TYA.

Teachers in Spain were reporting the same difficulties in introducing philosophy into what are basically ‘asana’ classes, so the Philosophy Course was made available to them. Twenty teachers joined the Spanish course and the feedback was excellent. As Swamiji was teaching the three sessions, they were translated into Spanish by another TYA teacher, Shankara, who is a professional translator and philosophy teacher. In addition, Ishvari Sanz Zurdo translated the PowerPoint presentations, course notes and Blog articles into Spanish before each class.

Teacher Training for the FLY Course

Swami Ambikananda continued to train Yoga teachers who wanted to teach the FLY (For Life Yoga) TYA course to older students during the year. This course was developed to provide Yoga and the Otago Exercise Programme (OEP) to older people. Like all TYA courses, it also explores Yoga philosophy and encourages discussion among participants on philosophical issues.

Teachers Continuing Professional Development (CPDs)

The TYA organises CPD workshops every year for TYA teachers as well as teachers from other schools who wish to deepen their study of Yoga and the following workshops were organised:

Partner Yoga Workshop

A three-hour in-person Partner Yoga workshop was taught by a senior TYA Yoga teacher, Vikki Philpott, in June 2024, and explored how to incorporate Yoga in pairs into a Yoga class.

Partnering in Yoga can be both invigorating and instructive. Working with a partner often allows deeper stretches for students and may help them to align in ways they could not manage on their own.

Ba Duan Jin Workshop

Swami Ambikananda's study of Traditional Chinese Medicine (TCM) included studying Qi Gong. She gave TYA Yoga Teachers a free 2-hour workshop in a simple ~ but powerful ~ set of moves from Qi Gong ~ known as Ba Duan Jin (The Eight Brocades) ~ as she feels they fit well within a Yoga class.

The workshop included the history of the sequence, the eight moves in that sequence, and their effects on meridians and elements in the Chinese tradition. The workshop was a great success and was conducted online so that teachers could attend from anywhere in the UK or from abroad.

First Aid Course

The TYA requires all its teachers to have a valid First Aid certificate and a basic knowledge of CPR and First Aid.

Each year we invite the British Red Cross to teach a First Aid course for TYA teachers so that everyone has a valid certificate. The course was held in June 2024 and another one is planned for 2025.

TYA Ongoing Traditional Yoga Classes

TYA-trained teachers continue to teach weekly Yoga classes to a wide spectrum of different people around the UK as well as in Spain.

After graduating from the Teachers Course, teachers continue their training through courses and workshops as well as attending master classes taught by Swami Ambikananda.

Teacher's Master Classes

Swami Ambikananda continues to teach master-classes to teachers from the TYA and other Yoga schools to learn new material as well as further develop their teaching skills.

These classes continue to be conducted online and remain very popular as they can be accessed by teachers from all over the country. This includes an early morning class and an evening class each week. Swamiji integrates the philosophy of Yoga into every class that she teaches, choosing different themes for each term and her classes are profound and exemplify the teaching and integration of Yoga philosophy into a Yoga class.

Included in these master-classes is an online Yoga class for older people who would not be able to join her other two online classes. TYA Teachers are also invited to join to get an idea of how to work with this specialist group.

In addition to mainstream Yoga classes, some of our teachers teach specialist classes to enable people with disabilities to be able to benefit from Yoga:

Yoga for people with Multiple Sclerosis

Uddhava Samman and Hema Patel have continued to teach four Yoga classes a week for people with Multiple Sclerosis, and the feedback from these classes has been excellent. Yoga has so much to offer people who are living with MS. Whilst there is no cure for MS, Yoga can help people to keep moving, maintain strength, improve balance and sustain their mental health.

Meditation classes for people with Multiple Sclerosis

Both Yogasana and meditation are recommended for MS in the NICE guidelines - and people find the meditation classes very helpful. During 2024 Uddhava Samman taught two 6-week introductory courses for people with MS who were new to Meditation. This course is based on Swami Ambikananda's teaching and includes a number of different meditation techniques. Once people have completed this course they can then join the on-going meditation classes which Uddhava teaches throughout the year for people with MS.

ADDITIONAL TYA ACITVITIES

University of Oxford

Following the success of her session in June 2023, Swami Ambikananda was invited to teach one of the days of a 7-day course at the University of Oxford entitled Mindfulness and Meditation: The Art and Science of Self Transformation. The title of her presentation was The Power of The Pause.

The course was organised by the University of Oxford's Department of Continuing Education and took place at Rewley House, Oxford University.

Again, the feedback from attendees ~ all post-graduate psychologists, ex-alumni of Oxford University ~ was excellent. This course was extremely popular and Dr Miguel Farias, Wolfson College, Oxford University, wrote of Swamiji's teaching:

“Swami Ambikananda knows much more than yoga and meditation: she is a published translator of the great Indian sacred scriptures and her understanding of Hindu philosophy, and ability to explain it in clear terms, is in itself a transcendent experience.”

World Yoga Festival

The Traditional Yoga Association has developed a reputation for excellence in the teaching of Yoga and was therefore, once again, invited to teach at the World Yoga Festival which took place over four days in 2024 close to Henley-on-Thames. This gave TYA teachers an opportunity to showcase the work of the TYA to a wider audience.

Five of our Senior Tutors and Swami Ambikananda took part in teaching at the festival, with hundreds of people attending their classes each day. The feedback from all these classes was excellent.

Swami Ambikananda was also invited to write an article for the World Yoga Festival programme and she wrote about Jyotish and Yoga. The article is entitled “Being part of a cosmic force” and it begins:

“Being part of a cosmic force is quite a challenge. We are used to thinking of ourselves as discrete bundles of being, separate from all the other bundles. Yoga tells us we are The Whole. Yoga, Ayurveda and Jyotish (Vedic astrology) are three systems that grew and evolved together, and at the heart of all three we find an idea that has persisted through the ages: our inter-connectedness.”



Responsibilities of Care

Discovering the spirit of Yoga on the mat, and then taking that spirit off the mat and into our daily lives, has always been the dream of the teachers of the Traditional Yoga Association ~ and MUKTI is a pathway we created for that.

In 1998 the TYA established the MUKTI Project in order to support the education of impoverished and endangered children in India. Since then we have extended our fund-raising to support homeless people in the UK.

The MUKTI Project continues to be well-supported and the Trustees are grateful to everyone who gave so generously during the year. In this way we feel we live up to the highest ideals of Yoga ~ by giving and sharing.

None of this would be possible without the generosity and hard work of the wonderful people who continue to support the fund raising efforts of MUKTI. It is impossible to name everyone but special gratitude flows from us to our loyal patron Trudie Styler for her support.

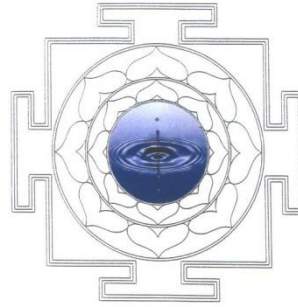
During the year a number of people worked very hard to raise money for MUKTI; Hema Patel organised a sponsored Garba in October 2023 which raised £10,600 for the Mukti Project. Jude Bell organised an evening of chanting in June 2024 and raised a total of £305 for Mukti, Daniela Capasso gave Zumba classes and raised £115 and Swami Ambikananda donated any diksha (alms) given to her to the project.

TYA teachers taught six Blindfold Yoga classes during 2023 and gave their time for free so that all the money raised from the classes could be given to the Guide Dogs for the Blind Association. The classes were very successful and a total of £500 was raised.

With this support, in 2023/24 we were able to give a total of £23,250 in grants to the charities we support in India and the UK and the following grants were given:

- Karm Marg India, a home for street-children in Delhi : £12,750
- Naz, a home for children who are HIV Positive in Delhi : £2,000

- Gandhigar Kachholi, a centre of excellence for learning for children with disabilities in Gujarat: £3,000
- Launchpad, for homeless people in Reading: £2,500
- New Beginnings, helping homeless people in Reading: £2,500
- Guide Dogs for the Blind Association: £500



Traditional Yoga Association
Constituted by Deed of Trust on 6 February 2002

Receipts and Payments Accounts for the period
Year from 01 July 2023 to 30 June 2024

Charity No 1091469

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2023 to 30 June 2024

Balance Sheet	2024			2023		
As at 30 June	£	£	£	£	£	£
Current assets						
Cash at bank and in hand	<u>40,362</u>			<u>60,491</u>		
	40,362			60,491		
Current Liabilities						
Amounts falling due within one year	<u>-</u>			<u>-</u>		
		<u>-</u>			<u>-</u>	
Net current assets		40,362			60,491	
Total net assets		<u>40,362</u>			<u>60,491</u>	
Income Funds						
Unrestricted funds		15,694			30,885	
Restricted funds (The Mukti Project)		24,668			29,606	
		<u>40,362</u>			<u>60,491</u>	

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2023 to 30 June 2024

Income	TYA Unrestricted Funds	Restricted Funds Mukti Project	2024 Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	2023 Total
Philo Trust	0		0	15,000		15,000
TYA Tutor's training course	0		0	1,500		1,500
Yoga Foundation course	1,691		1,691	0		0
TYA In-service training	2,462		2,462	1,661		1,661
TYA Membership fees	2,540		2,540	2,300		2,300
Book sales	1,324		1,324	401		401
Yoga Masterclasses	9,489		9,489	11,069		11,069
Blindfold Yoga classes	30		30	464		464
Royalties from book sales	0		0	35		35
Gift Aid	0	1,422	1,422	0	976	976
Donations	136	8,631	8,767	1,000	12,332	13,332
Sponsored Garba		10,600	10,600			
Chanting evening		305	305			
Mukti raffle		165	165			
Zumba classes		115	115			
Sun Salutations Challenge		0	0		17,229	17,229
Golf Tournament		0	0		3,496	3,496
Total	£17,672	£21,238	£38,910	£33,430	£34,033	£67,463

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2023 to 30 June 2024

Expenditure	2024			2023		
	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total
Tutor Development	0		0	259		259
TYA Course costs & Development	1,161		1,161	984		984
Trainers' fees	19,030		19,030	17,075		17,075
TYA Video recording	675		675	975		975
TYA monthly blog	300		300	420		420
CIMSPA & Yoga Alliance Membership	535		535	482		482
Amazon fees	232		232	190		190
Purchase of books to sell	1,000		1,000	172		172
Advertising	918		918	138		138
Online classes equipment/support	1,700		1,700	905		905
Travel costs	172		172	332		332
Updating Website & Domain renewal	3,044	200	3,244	2,398	445	2,843
Stationery, printing & postage	1,476	212	1,688	856	198	1,054
Public Liability Insurance	352	352	704	396	395	791
Room hire	1,633	25	1,658	484	50	534
TYA administrative costs	10	0	10	700	0	700
Bank charges	30	205	235	45	256	301
Grants		23,250	23,250		22,500	22,500
Fundraising expenses		1,933	1,933		2,268	2,268
Total	£32,863	£26,177	£59,040	£26,811	£26,272	£53,083

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2023 to 30 June 2024

	TYA Unrestricted Funds	Restricted Funds Mukti Project	2024 Total Funds	TYA Unrestricted Funds	Restricted Funds Mukti Project	2023 Total Funds
Surplus in period	(£15,191)	(£4,938)	(£20,129)	£6,619	£7,761	£14,380
Funds at 1 July 2023	£30,885	£29,606	£60,491	£24,266	£21,845	£46,111
Funds at 30 June 2024	£15,694	£24,668	£40,362	£30,885	£29,606	£60,491



Section A

Independent Examiner's Report

Report to the trustees/ members of	Charity Name TRADITIONAL YOGA ASSOCIATION		
On accounts for the year ended	30 TH JUNE 2024	Charity no (if any)	1091469
Set out on pages	(remember to include the page numbers of additional sheets)		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Independent examiner's statement

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (~~other than that disclosed below~~*) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature] Date: 25/4/25

Name: MR KETAN BHADRESA

Relevant professional qualification(s) or body (if any):

CHARTERED ACCOUNTANT

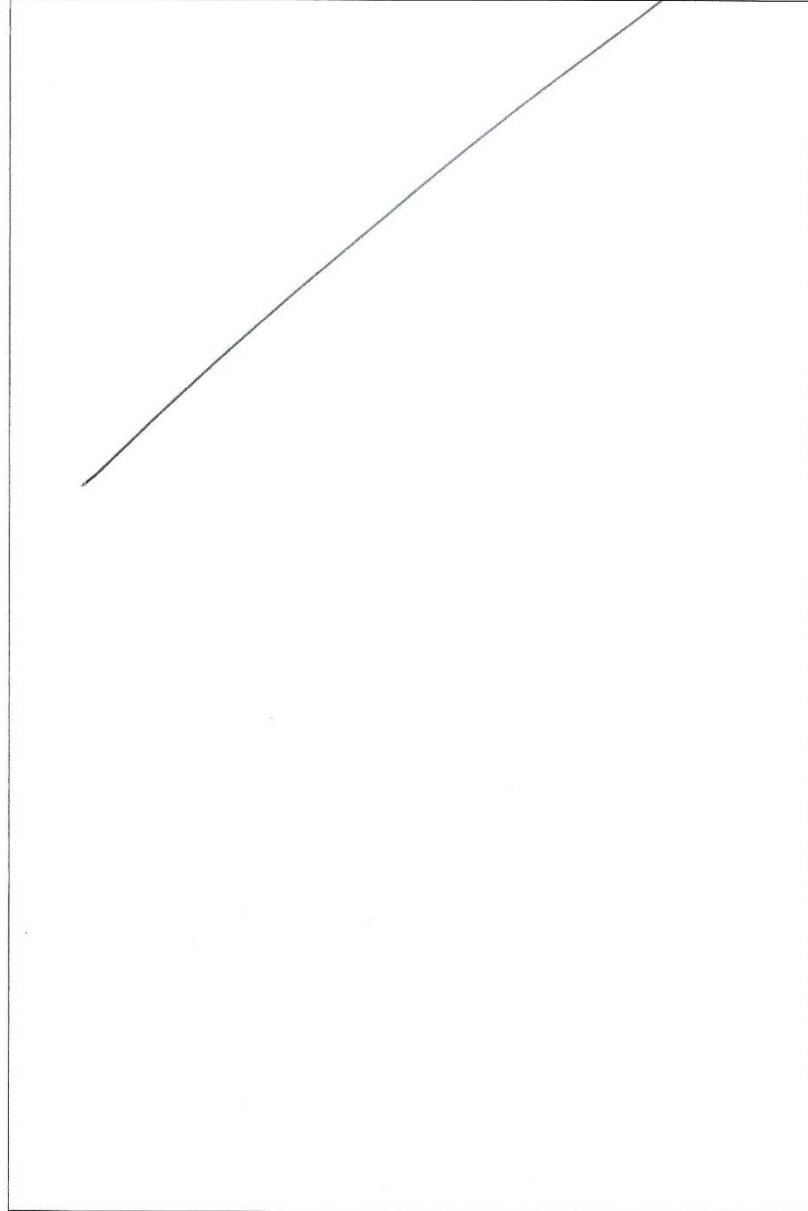
Address: 15 OLD FARM CRESCENT
TILEHURST
READING RG31 6SS

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

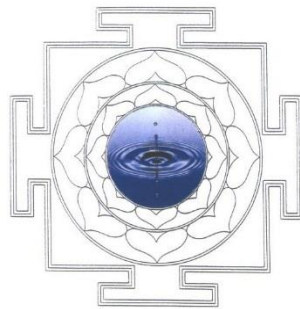
Give here brief details of any items that the examiner wishes to disclose.



THE TRADITIONAL YOGA ASSOCIATION

England & Wales - Charity number 1091469

Accounts



Traditional Yoga Association®
Constituted by Deed of Trust on 6 February 2002

Charity Number 1091469

Annual Report

1st July 2022 – 30 June 2023

Annual Report of the Traditional Yoga Association® 2022/23

Founded in the UK in 1995, the Traditional Yoga Association® (TYA) was registered as a charity by Trust Deed on 6th February 2002. This Annual Report covers the period from 1st July 2022 to 30th June 2023.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name and Charity Number

The Traditional Yoga Association® is registered as a charity with the Charity Commission number 1091469.

The Traditional Yoga Association is also known as the TYA.

Charity's principal address

84 Kenilworth Avenue, Southcote, Reading, Berkshire RG30 3DW

Chairperson of the Charity

Swami Ambikananda

The Trustees serving during the year were as follows:

Dr Uddhava Samman
Ms Manisha Wilmette Brown
Ms Penny Hitchings-Jones
Mrs Hamulata Patel

Independent Examiner

Mr K. Bhadrassa

Bankers:

Lloyds Bank, Broad Street, Reading
Co-operative Bank, PO box 250, Skelmersdale, WN8 6WT

Insurance Brokers:

Balens, Bridge House, Portland Road, Malvern, Worcs. WR14 2TA

Towergate Insurance, Towergate House, First Floor, 5 Airport West, Lancaster Way, Yeadon, Leeds, LS19 7ZA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Trust Deed

The Traditional Yoga Association® is a registered charity and is governed by its Trust Deed dated 6th February 2002.

As set out in the Trust Deed future Trustees will be appointed by resolution of the Trustees. New Trustees are given induction by the Trustees and are able to attend courses where relevant, in order to fulfil their role as Trustees.

Risk Management

It is the duty of the Charity's Trustees to ensure that the Charity's resources are protected and internal financial controls are in place. The Trustees ensure that regular reviews of the effectiveness of the Charity's internal financial controls are undertaken.

Risk Assessments are conducted on a regular basis and there is a continuous monitoring of financial controls. The Trustees at all times seek to Manage Risk to the Charity and seek to reduce risk wherever possible in all aspects of the running of the Charity. For reasons of cost and practicality, the system of internal control is intended to manage rather than eliminate risk and to give reasonable rather than absolute assurance.

OBJECTIVES AND ACTIVITIES

The objects of the Charity, as set out in the Trust Deed of 6 February 2002 are:

To promote public education in the three facets of the Yoga Darshan: Jnana, Bhakti and Karma which include education and research, devotional and spiritual practices and rituals and the fulfilment of the responsibilities of care and service;

To provide relief for people who are in financial need; and

To promote education by the provision of schools and education to the public.

To reach our first charitable objective we built the three facets of Yoga into our organisational structure. To cultivate Jnana Yoga we offer Yoga Teachers Courses to train Yoga teachers; topical Yoga workshops; Philosophy courses; Meditation courses; and workshops open to all. The philosophy of Yoga is taught in specific classes but it is also an important and integral part of every course offered by the Traditional Yoga Association®.

As part of our Bhakti Yoga the TYA organises devotional functions which bring together members of diverse ethnic and religious backgrounds providing both inter-cultural education and spiritual expression.

As part of our Karma Yoga we set up The MUKTI Project and ring-fenced funds to support dispossessed and endangered children in India and since 2013 we have been giving grants to charities in England that help people who are homeless. This is our Yoga practice of working for others rather than oneself alone.

Public Benefit

The Traditional Yoga Association provides a very high standard of training for those who wish to become Yoga teachers and the provision of support and CPD for teachers after they have completed their course.

The TYA offers Yoga classes, courses, workshops, meditation courses and philosophy classes open to all and seeks to teach Yoga in a way that improves the physical, mental and spiritual health of everyone who attends the classes. The Charity welcomes all adults to its classes, trainings and courses regardless of their age, race, faith, gender, sexual orientation or personal circumstances. Where possible bursaries are given to people who are unable to afford classes or courses taught by the Traditional Yoga Association. The TYA also produces publications and CDs as another way to educate members of the public.

The TYA set up the MUKTI Project to raise funds to support the education and care of endangered children in India and more recently the charity has started donating to projects that support homeless people in the UK.

Our Trustees have given careful consideration to the Charity Commission Guidance on Public Benefit (2013).

ACHIEVEMENTS AND PERFORMANCE

Financial Review

The Trustees present their report with the financial statements of the charity for the year ended 30th June 2023. The financial statements have been prepared as Receipts and Payments Accounts as allowed under section 133 of the Charities Act 2011 ('the Charity Act'). Please see the Receipts and Payments Accounts for a full report.

In the period from 1st July 2022 to the 30th June 2023 the total income was £67,463 and the Expenditure was £53,083. Of this £34,033 was income specifically for The MUKTI Project.

Grants totalling £22,500 were allocated from Restricted funds by The MUKTI Project. The remaining funds belonged to the next financial year's allocation of grants.

Charity Reserves Policy

Since the Charity's overheads are relatively small the Trustees do not wish to hold large reserves in unrestricted funds. However, given the current uncertainties caused by the increase in the cost of living, the Trustees now aim to maintain Reserves equivalent to the average annual expenditure from unrestricted funds for the previous two financial years.

The balance at 30th June 2023 stood at £30,885 in unrestricted funds. This amount is in line with the amount recommended in the revised Charity's Reserves Policy. The Reserves Policy will continue to be reviewed every six months to ensure that it continues to be appropriate for the work of the Charity.

Review of Activities of the TYA 2022/23

The Philo Trust

The TYA was very grateful to receive a grant of £15,000 from the Philo Trust this year, enabling us to expand and develop new courses and training and to make Yoga accessible to everyone, and maintain a high standard in the teaching, giving prominence to the philosophy of Yoga.

TYA Tutor Training Programme

Yoga Foundation course

During this year Swami Ambikananda trained three Senior TYA teachers as Tutors to teach the Yoga Foundation course. These Tutors will, in future, teach the TYA Foundation Course and go onto do the same for the TYA Teachers Training Course.

She began their training in November 2022 and in June they each gave a presentation to the group and graduated as new TYA Tutors. Swamiji chose to teach a small group so that she could help each person develop and integrate the ethical values and philosophy of Yoga more deeply into their teaching. In this way the high standard of teaching and the reputation of the TYA can be maintained and developed.

The TYA Yoga Foundation course is a complete course in itself, and also a requirement for anyone wishing to embark on the Teachers course.

One of the new course Tutors, Sunil Kalsi, has since taught the TYA Yoga Foundation course in Hertford, Hertfordshire, 17 students completed the course and the feedback was excellent.

Another newly qualified TYA Tutor, Luci Trendle, will be teaching a Yoga Foundation course in Reading in February 2024 from her Yoga studio.

Swami Ambikananda is planning to teach another Tutor's course for Senior TYA teachers who want to learn to teach the Yoga Foundation course and Teachers course. Through this process the training can be passed to the next generation of Tutors and enable the TYA to grow and expand into new areas of the country.

Teacher Training for FLY Course

Five TYA teachers are now teaching the FLY (For Life Yoga) TYA course to the elderly at venues dedicated to the enrichment of the elderly. The range of abilities is from those who need only chair work through to those who require some chair work but are also able to do standing or even limited floor work.

A number of TYA teachers have shown interest in taking up this training.

A reminder: the course is developed to provide Yoga and the Otago Exercise Programme (OEP) to the elderly. Of course, it also explores Yoga philosophy and encourages discussion among participants on philosophical issues. The classes currently being run are at private venues as well as a local Hindu Community Centre and a Sikh Gurdwara.

Continuing Professional Development (CPDs) for TYA Yoga Teachers

The TYA organises CPD workshops every year for TYA teachers as well as teachers from other schools who wishes to deepen their study of Yoga. We aim to offer both in-person as well as online workshops, the latter are especially welcomed by those teachers living far from Reading who would find it difficult to travel such a distance.

The philosophy of Yoga underpins everything we do at the TYA and we organise workshops that focus on the philosophy and practice of Yoga.

Heart and Purpose of Yoga

Professor Ravi Ravindra gave two webinars for the TYA on the Heart and Purpose of Yoga in February and June 2023 which explored the philosophy of Yoga. Both webinars were well attended and 32 people joined online.

'The Gunas ~ On and Off the Mat'

The 'guna-s' form a basic philosophical teaching of Yoga that is found in all the major texts, including the Patanjali Sutras and the Bhagavad Gita. Guna means 'quality' and the philosophy underpins all of creation with three qualities in constant flow and change: (rajas), inertia (tamas) and balance (sattva). The work of the Yogin is to recognise this flow in themselves, in nature and in each other.

TYA teacher Ami Roy gave a 3 hour in-person workshop to our teachers in March 2023 and 14 people attended.

This workshop integrated the philosophy and practice of Yoga and how the gunas can be recognised and mastered through our Yoga practice both on and off the mat.

Yoga and the Alexander Technique

Alexander teacher, Ron Colyer, taught a 3 hour in-person workshop for our teachers and students on Yoga and the Alexander Technique.

Swami Venkatesananda, the inspiration of the TYA, used to say of the Alexander Technique “Matthias Alexander was an ancient Yogin returned to teach us the same truths in a different form...”. The Alexander Technique works on getting participants to move without imposing movement. Thus, building a keen self-awareness ~ just as in Yoga ~ becomes the primary goal of the practice rather than the gymnastics of the asana. Ron Colyer beautifully conveyed ideas on how to articulate the instructions to move in such a way that awareness remained the primary activity, even in complex asanas

First Aid Course

The TYA requires all its teachers to have a valid First Aid certificate and a basic knowledge of CPR and First Aid.

Each year we organise a First Aid course for our teachers so that they can all renew their First Aid Certificate over a three-year period.

ADDITIONAL TYA ACITVITIES IN 2022 / 2023

TYA teachers teach Yoga and Meditation classes to every section of society, many teach mainstream Yoga classes whereas others choose to specialise and teach people who would not manage in a normal Yoga class. Teachers teach Yoga across the whole spectrum of life from pregnant women, mother and baby classes, to specialist classes (see below). We have always promoted the value that Yoga practice is open to all and the teacher must meet the student where they are. In this way no one is left out. Teachers continue to teach both online classes as well as in-person classes.

In addition, some special events took place:

Yoga for people with Multiple Sclerosis

Yoga and meditation have been found to be beneficial for people with MS and both are recommended for MS in the NICE guidelines.

Uddhava Samman and Hema Patel teach a total of four online Yoga classes each week for the Berkshire MS Therapy Centre for people with MS spanning a range of different levels of disability. People with MS prefer the classes to take place online as they then do not have the additional expense or effort of arranging transport. It also means people can join from anywhere in the country.

Uddhava teaches two chair-based Yoga classes each week for people in wheelchairs or with limited mobility. He also teaches a third class for people who are able to stand using support and are able to do floor-based asanas. The class incorporates the OTAGO Exercise Programme to improve balance and leg strength.

In addition, Hema teaches a chair-based class that also incorporates standing as well.

Meditation classes for people with Multiple Sclerosis

Uddhava taught an ongoing Meditation class for people with MS for the Berkshire MS Therapy Centre throughout the year and in addition he was invited to teach three introductory courses for people new to meditation.

Teachers Master Classes

These classes continue to be conducted online by Swami Ambikananda and remain popular as they can be accessed by teachers from all over the country. This includes an early morning class and an evening class each week.

ForLife Yoga classes

Swami Ambikananda teaches an online Yoga class for older people who would not be able to join her other two online classes. TYA Teachers are invited to join to get an idea of working with this specialist group.

TYA Website Monthly Blogs on the Philosophy and practice of Yoga

In 2022-23 TYA teachers were invited to write blogs for our TYA website: www.TraditionalYoga.org/blog

In addition, Dr Miguel Farias was invited to write a blog about research into Mindfulness. Dr Farias was a postdoctoral research fellow at the Ian Ramsey Centre and the Oxford Centre for Science of the Mind. In 2010, in collaboration with the Prison Phoenix Trust, he embarked on the first randomized-controlled trial of the effects of yoga and meditation in prisons. This eventually led him to write a book that examines the science and myths about the effects of meditation, including its potential for healing and harm. In 2014, he joined Coventry University to lead the Brain, Belief and Behaviour research group, where he is carrying out new research on the effects of beliefs.

Blindfold Yoga

TYA teachers taught six Blindfold classes during 2023 and gave their time for free so that all the money raised from the classes could be given to the Guide Dogs for the Blind Association. The classes were very successful and a total of £500 was raised.

Yoga teachers found teaching the Blindfold classes challenged them to verbalise their instructions better and expanded their teaching abilities. We plan to hold more Blindfold classes in the summer of 2024.

Oxford University ‘Meditation Around the World’

Swami Ambikananda was invited to be one of three speakers at a 1-day Course at University of Oxford’s Department of Continuing Education. The course took place at Rewley House, Oxford University in June 2023 and was attended by UK residents as well as European students ~ and even three students from Thailand. The course covered the theory and practice of meditation from different traditions. Swamiji covered it from the perspective of Yoga, tracing its philosophical history through the Upanishads and Yoga Sutras.

Audio and E-book Publications

During 2022-23 progress was made towards the publication in Ebook and audio format of the translations Swami Ambikananda has done of the Patanjali Yoga Sutras and the Katha Upanishad.

It is planned that the Ebooks will be published in 2024, both texts are key to the understanding of Yoga and the Patanjali Yoga Sutras is normally studied by people training to become Yoga teachers.

International Yoga Day

Swami Ambikananda was invited as guest of honour to give a talk and to guide a meditation at an event organised by Hindu Swayamsevak Sangh UK on International Yoga Day in June 2023.

The day was very popular and attended by some 200 people in a large hall.

World Yoga Festival

Swami Ambikananda ~ and two other TYA teachers ~ were invited to teach at the World Yoga Festival in Henley in 2023. Swamiji chose to teach a blindfold Yoga class, as a way of creating a different experience for people of 'pratyahara' (one of the eight disciplines of Yoga as articulated by Patanjali).

A number of teachers who had trained in different schools and attended her class came to speak to her afterwards and told her that although they were trained Yoga teachers, their course had not covered the philosophy of Yoga nor anatomy and physiology in the depth she offered during the class. They were all keen to learn more.

Luci Trendle and Sunil Kalsi, two Senior Teachers and Tutors of the TYA, were also invited to give classes at the Yoga Festival and in total there were five Traditional Yoga classes taught over three days. All three teachers have been invited to return to teach at the 2024 festival.

The World Yoga Festival draws a crowd of Yoga enthusiasts of around 2,500 people from the UK and abroad. Many of the people attending are Yoga teachers and this was a wonderful way to showcase the work of TYA teachers and to promote the philosophy and practice of Yoga.

One of the organisers telephoned Swami Ambikananda after the festival weekend and reported that people attending the three-day World Yoga Festival were invited to complete a feedback survey as they were leaving. The survey asked which teacher at the festival had been outstanding for them. To her surprise, he told her, the vast majority had named her.

Balaji Temple

Via a recommendation by a Dr Nanu ~ student of Swamiji's ~ she was invited by the Shri Venkateswara Temple in Tividale, West Midlands, to be the main speaker at a Philosophy Summer Camp they hold annually for young people. The Shri Venkateswara (Balaji) Temple is the largest functioning Hindu temples in Europe and receives half a million visitors each year.

The camp was for about 120 young people aged fifteen to twenty, many of whom had attended previous camps. Swamiji chose as her topic 'The First Teaching of Yoga : Awareness of Free Will' (taken from the teaching of the Katha Upanishad). This was chosen as Swamiji felt it an appropriate topic for young people launching into A Levels and further education. After her talk she invited questions and a lively discussion followed.

To her surprise she got a letter a few days later asking if she would return in 2024 as the young people had greatly enjoyed the teaching, some saying it was the best they had heard. Swamiji donated the £200 speaker's fee to Mukti.

'Overcoming MS' Retreat

In April 2023 Dr Uddhava Samman taught a Yoga and Meditation class for people on a weekend retreat called 'Overcoming MS'. Organised nationally, it was based on the steps outlined in the book *Overcoming Multiple Sclerosis* by Professor George Jelinek. The organisers had planned to hold the Retreat at Charney Manor, however, given the logistics for people of travelling from anywhere in the country it was changed to an online retreat.



Responsibilities of Care

Discovering the spirit of Yoga on the mat, and then taking that spirit off the mat and into our daily lives, has always been the dream of the teachers of the Traditional Yoga Association ~ and MUKTI is a pathway we created for that.

In 1998 the TYA established the MUKTI Project in order to support the education of impoverished and endangered children in India. Since then we have extended our fund-raising to support homeless people in the UK.

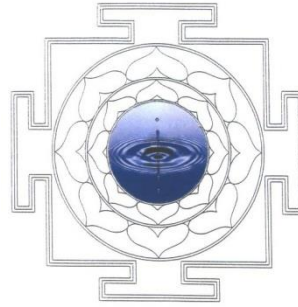
The MUKTI Project continues to be well-supported by TYA Yoga teachers who very enthusiastically participated in the year's fund-raising projects, bringing in their students as well as teachers and students from other Yoga schools. In this way we feel we live up to the highest ideals of Yoga ~ by giving and sharing.

None of this would be possible without the generosity and hard work of the wonderful people who continue to support the fund raising efforts of MUKTI. It is impossible to name everyone but special gratitude flows from us to our loyal patron Trudie Styler for her support.

During the summer of 2022 we organised a month-long Yoga fund-raiser ~ the Mukti Sun Salutations Challenge which raised £17,229 for the Mukti Project. In October 2022 a golf tournament was organised to support Mukti and a total of £3,496.

With this support, in 2022/23 we were able to continue giving grants to the charities we support in India and the UK and the following grants were given:

- Karm Marg India, a home for street-children in Delhi : £12,000
- Naz, a home for children who are HIV Positive in Delhi : £2,500
- Gandhigar Kachholi, a centre of excellence for learning for children with disabilities in Gujarat: £3,000
- Launchpad, for homeless people in Reading: £4,000



Traditional Yoga Association
Constituted by Deed of Trust on 6 February 2002

Receipts and Payments Accounts for the period
Year from 01 July 2022 to 30 June 2023

Charity No 1091469

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

Balance Sheet	2023			2022		
As at 30 June	£	£	£	£	£	£
Current assets						
Cash at bank and in hand	<u>60,491</u>			<u>46,111</u>		
	60,491			46,111		
Current Liabilities						
Amounts falling due within one year	<u>-</u>			<u>-</u>		
		<u>-</u>			<u>-</u>	
Net current assets		60,491			46,111	
Total net assets		<u>60,491</u>			<u>46,111</u>	
Income Funds						
Unrestricted funds		30,885			24,266	
Restricted funds (The Mukti Project)		29,606			21,845	
		<u>60,491</u>			<u>46,111</u>	

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

Income	2023			2022		
	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total
Philo Trust	15,000		15,000	16,000		16,000
TYA Tutor's training course	1,500		1,500	0		0
Yoga Teacher training course	0		0	100		100
TYA In-service training	1,661		1,661	1,321		1,321
TYA Membership fees	2,300		2,300	2,480		2,480
Book sales	401		401	138		138
Yoga Masterclasses	11,069		11,069	9,711		9,711
Blindfold Yoga classes	464		464	0		0
Royalties from book sales	35		35	0		0
Gift Aid	0	976	976	0	2,461	2,461
Donations	1,000	12,332	13,332		8,982	8,982
Sun Salutations Challenge		17,229	17,229		15,030	15,030
Golf Tournament		3,496	3,496			
Total	£33,430	£34,033	£67,463	£29,750	£26,473	£56,223

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

Expenditure	TYA		2023	TYA		2022
	Unrestricted Funds	Restricted Funds Mukti Project	Total	Unrestricted Funds	Restricted Funds Mukti Project	Total
Tutor Development	259		259	30		30
TYA Course costs & Development	984		984	2,913		2,913
Trainers' fees	17,075		17,075	22,462		22,462
TYA Video recording	975		975			
TYA monthly blog	420		420			
IYN & Yoga Alliance Membership	482		482	641		641
Amazon fees	190		190	148		148
Purchase of books to sell	172		172	301		301
Advertising	138		138	138		138
Online classes equipment/support	905		905	740		740
Travel costs	332		332			
Updating Website & Domain renewal	2,398	445	2,843	2,799	775	3,574
Stationery, printing & postage	856	198	1,054	1,392	693	2,085
Public Liability Insurance	396	395	791	393	392	785
Room hire	484	50	534	824	0	824
TYA administrative costs	700	0	700	872	0	872
Bank charges	45	256	301		125	125
Grants		22,500	22,500		26,100	26,100
Lottery expenses		0	0		373	373
Car expenses		0	0		174	174
Fundraising expenses		2,268	2,268		723	723
Total	£26,811	£26,272	£53,083	£33,653	£29,355	£63,008

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2022 to 30 June 2023

	TYA Unrestricted Funds	Restricted Funds Mukti Project	2023 Total Funds	TYA Unrestricted Funds	Restricted Funds Mukti Project	2022 Total Funds
Surplus in period	£6,619	£7,761	£14,380	(£3,903)	(£2,883)	(£6,786)
Funds at 1 July 2022	£24,266	£21,845	£46,111	£28,169	£24,728	£52,897
Funds at 30 June 2023	£30,885	£29,606	£60,491	£24,266	£21,845	£46,111



Section A Independent Examiner's Report

Report to the trustees/ members of	Charity Name <u>TRADITIONAL YOGA ASSOCIATION</u>		
On accounts for the year ended	<u>30TH JUNE 2023</u>	Charity no (if any)	<u>1091469</u>
Set out on pages	<small>(remember to include the page numbers of additional sheets)</small>		

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD / MM / YYYY.

Responsibilities and basis of report As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
- the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

** Please delete the words in the brackets if they do not apply.*

Signed: [Signature] Date: 27/4/24

Name: MIR KETAN BHADRECA

Relevant professional qualification(s) or body (if any): CHARTERED ACCOUNTANT

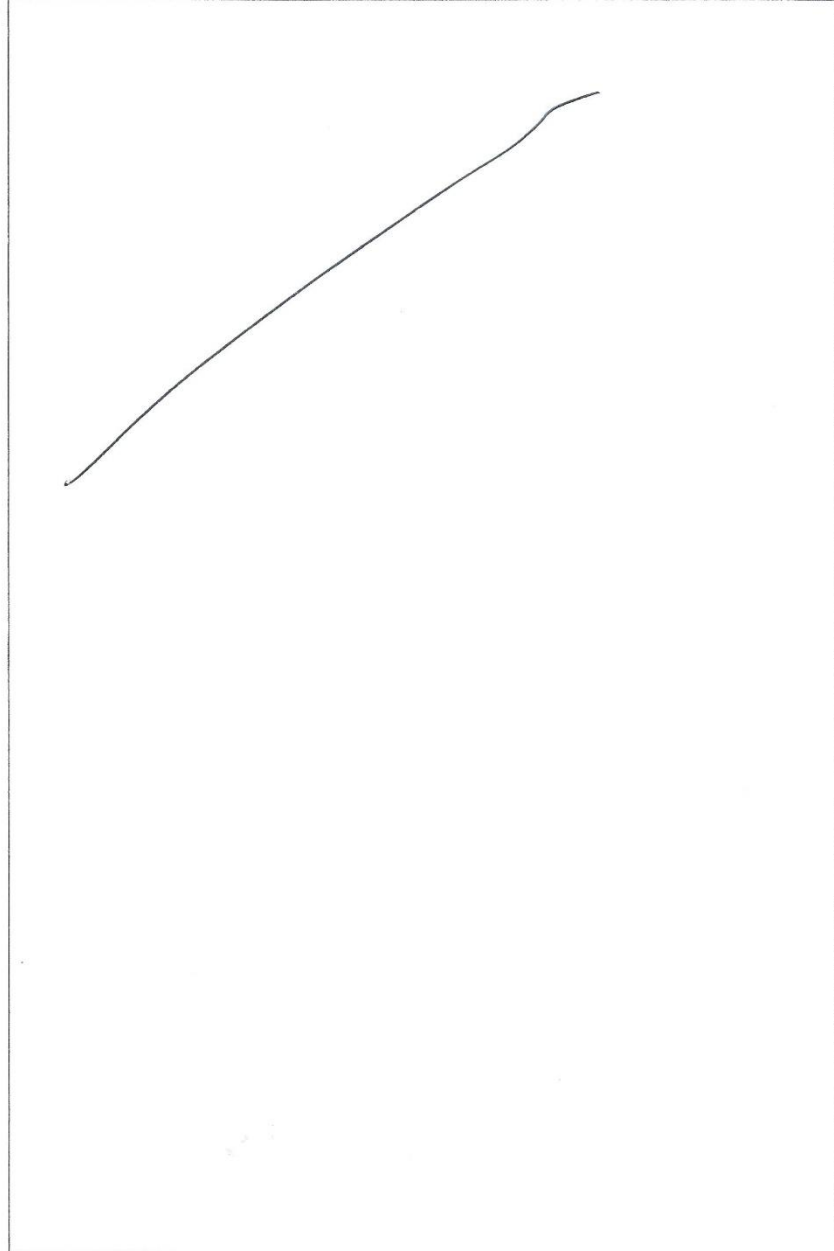
Address: 15 OLD FARM CRESCENT
TILEHURST
READING RG31 6SS

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

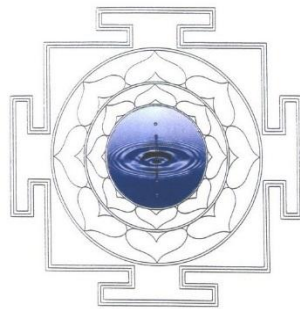
Give here brief details of any items that the examiner wishes to disclose.



THE TRADITIONAL YOGA ASSOCIATION

England & Wales - Charity number 1091469

Accounts



Traditional Yoga Association[®]
Constituted by Deed of Trust on 6 February 2002

Charity Number 1091469

Annual Report

1st July 2021 – 30 June 2022

Annual Report of the Traditional Yoga Association® 2021/22

Founded in the UK in 1995, the Traditional Yoga Association® (TYA) was registered as a charity by Trust Deed on 6th February 2002. This Annual Report covers the period from 1st July 2021 to 30th June 2022.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name and Charity Number

The Traditional Yoga Association® is registered as a charity with the Charity Commission number 1091469.

The Traditional Yoga Association is also known as the TYA.

Charity's principal address

84 Kenilworth Avenue, Southcote, Reading, Berkshire RG30 3DW

Chairperson of the Charity

Swami Ambikananda

The Trustees serving during the year were as follows:

Dr Uddhava Samman
Ms Manisha Wilmette Brown
Ms Penny Hitchings-Jones
Mrs Hamulata Patel

Independent Examiner

Mr K. Bhadrassa

Bankers:

Lloyds Bank, Broad Street, Reading
Co-operative Bank, PO box 250, Skelmersdale, WN8 6WT

Insurance Brokers:

Balens, Bridge House, Portland Road, Malvern, Worcs. WR14 2TA

Towergate Insurance, Towergate House, First Floor, 5 Airport West, Lancaster Way, Yeadon, Leeds, LS19 7ZA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Trust Deed

The Traditional Yoga Association[®] is a registered charity and is governed by its Trust Deed dated 6th February 2002.

As set out in the Trust Deed future Trustees will be appointed by resolution of the Trustees. New Trustees are given induction by the Trustees and are able to attend courses where relevant, in order to fulfil their role as Trustees.

Risk Management

It is the duty of the Charity's Trustees to ensure that the Charity's resources are protected and internal financial controls are in place. The Trustees ensure that regular reviews of the effectiveness of the Charity's internal financial controls are undertaken.

Risk Assessments are conducted on a regular basis and there is a continuous monitoring of financial controls. The Trustees at all times seek to Manage Risk to the Charity and seek to reduce risk wherever possible in all aspects of the running of the Charity. For reasons of cost and practicality, the system of internal control is intended to manage rather than eliminate risk and to give reasonable rather than absolute assurance.

OBJECTIVES AND ACTIVITIES

The objects of the Charity, as set out in the Trust Deed of 6TH February 2002 are:

To promote public education in the three facets of the Yoga Darshan: Jnana, Bhakti and Karma which include education and research, devotional and spiritual practices and rituals and the fulfilment of the responsibilities of care and service;

To provide relief for people who are in financial need; and

To promote education by the provision of schools and education to the public.

To reach our first charitable objective we built the three facets of Yoga into our organisational structure. To cultivate Jnana Yoga we offer Yoga Teachers Courses to train Yoga teachers; topical Yoga workshops; Philosophy courses; Meditation courses; and workshops open to all. The philosophy of Yoga is taught in specific classes but it is also an important and integral part of every course offered by the Traditional Yoga Association®.

As part of our Bhakti Yoga the TYA organises devotional functions which bring together members of diverse ethnic and religious backgrounds providing both inter-cultural education and spiritual expression.

As part of our Karma Yoga we set up The MUKTI Project and ring-fenced funds to support dispossessed and endangered children in India and since 2013 we have been giving grants to charities in England that help people who are homeless. This is our Yoga practice of working for others rather than oneself alone.

Public Benefit

The Traditional Yoga Association provides a very high standard of training for those who wish to become Yoga teachers and the provision of support and CPD for teachers after they have completed their course.

The TYA offers Yoga classes, courses, workshops, meditation courses and philosophy classes open to all and seeks to teach Yoga in a way that improves the physical, mental and spiritual health of everyone who attends the classes. The Charity welcomes all adults to its classes, trainings and courses regardless of their age, race, faith, gender, sexual orientation or personal circumstances. Where possible bursaries are given to people who are unable to afford classes or courses taught by the Traditional Yoga Association. The TYA also produces publications and CDs as another way to educate members of the public.

The TYA set up the MUKTI Project to raise funds to support the education and care of endangered children in India and more recently the charity has started donating to projects that support homeless people in the UK.

Our Trustees have given careful consideration to the Charity Commission Guidance on Public Benefit (2013).

ACHIEVEMENTS AND PERFORMANCE

Financial Review

The Trustees present their report with the financial statements of the charity for the year ended 30th June 2022. The financial statements have been prepared as Receipts and Payments Accounts as allowed under section 133 of the Charities Act 2011 ('the Charity Act'). Please see the Receipts and Payments Accounts for a full report.

In the period from 1st July 2021 to the 30th June 2022 the total income was £56,223 and the Expenditure was £63,008. Of this £26,473 was income specifically for The MUKTI Project.

Grants totalling £26,100 were allocated from Restricted funds by The MUKTI Project. The remaining funds belonged to the next financial year's allocation of grants.

Charity Reserves Policy

Since the Charity's overheads are relatively small the Trustees do not wish to hold large reserves in unrestricted funds. However, given the current uncertainties caused by the pandemic, the Trustees now aim to maintain Reserves equivalent to the average annual expenditure from unrestricted funds for the previous two financial years.

The balance at 30th June 2022 stood at £24,266 in unrestricted funds. This amount is in line with the amount recommended in the revised Charity's Reserves Policy. The Reserves Policy will continue to be reviewed every six months to ensure that it continues to be appropriate for the work of the Charity.

Review of Activities of the TYA 2021/22

The last two decades have seen a substantial rise in research into the health benefits of Yoga. At the Traditional Yoga Association we applaud this research and ensure we keep abreast of the published studies.

However, while we remain aware of Yoga's health benefits ~ including those beyond the mat, like improved body image, more mindful eating, etc. ~ we have always maintained that Yoga is a spiritual and philosophical system that extends beyond health and wellbeing (even while encompassing them). Hence, we continue to promote Yoga's philosophy that offers meaning and purposefulness beyond its physical practices.

On this basis our teachers are trained in the full spectrum of Yoga, including its physical aspects (asana, pranayama, etc.) *and* its rich philosophy. We continue this approach through ongoing training and workshops.

We are therefore extremely grateful to the Philo Trust for their financial support through the years that has allowed us to successfully maintain and grow this approach.

Teacher Training Courses:

Foundation Course

Our Yoga Foundation Course, which is the prerequisite for proceeding onto the Teacher Training Course, is also an excellent short course for Yoga practitioners wishing to deepen their knowledge beyond their weekly classes.

In 2022 TYA Teacher Ben Parkes completed a Foundation Course and the Teachers Training Course that had begun in 2021, in Trowbridge Wiltshire.

Teacher Training Course

Our Teacher Training Course continues to enjoy a good reputation for standards of excellence in both the physical and philosophical aspects of Yoga.

A Teacher Training Course was completed in 2022 in Reading and all teachers got through their demonstration classes for the Examining

Board. One of our senior teachers gave an excellent presentation in the last session about creating an effective online presence.

Tutor's training programme

We began our 'Tutor Training Programme' to enable selected teachers to learn to teach both the Foundation Course and Teachers Training Course. Currently only four Tutors are able to teach these courses and a further four of our senior teachers are now currently learning to deliver the TYA Foundation Course and Teacher Training Course.

New TYA 'For Life Yoga®' Teacher Training Course

As stated in our last report, we are seeking to broaden the accessibility of Yoga. The images on public display tend to give the appearance of Yoga as being for the young and lithe. We therefore introduced training for 'Yoga for Bigger Bodies' into our Teacher Training Course as incidents of discrimination began to emerge. We also included teaching older adults in our Teacher Training Course.

However, a survey by Sports England completed in 2021 indicated that people aged over 65 years were still the least likely to engage in any physical activity. Among these, women of South Asian heritage in the UK, were less likely than others to engage in exercise. We decided we needed to create something to target this group.

We trademarked the name 'For Life Yoga' and Swami Ambikananda created a training programme for senior citizens that took into account the latest research on falling (currently there are about 500 daily callouts nationally for falls in elderly people). She also included meditation and 'philosophical dialogue' as part of the programme. As an initial trial, three of our senior teachers of South Asian descent were trained in the 'For Life Yoga' Course to see if they could make some breakthrough in their own communities.

We are delighted to report that they are now running successful classes for the 75 years-old and over age group in the Reading Indian Community Centre as well as online, and one of them has now been approached by a local Gurdwara to take the 'For Life Yoga' classes there.

We look forward to expanding this to all communities and offering it to all our teachers.

Continuing Professional Development (CPDs) for TYA Yoga Teachers 2021-22

Yoga Block Workshop

Founder of the Garuda Method (based on Yoga, Pilates and Bharatanatyam dance) James D'Silva, conducted a three-hour workshop in June and took a group of twenty teachers through a number of Yoga sequences enhanced by use of a Yoga block.

Feedback from the teachers was good.

Yoga and the Feldenkrais Method ~ Movement through the Self; Flow Fluidity and Intention

Developed by Moshe Feldenkrais in the mid-1900s, the Feldenkrais Method is a body/movement-oriented intervention designed to help people reconnect with their bodies and learn to move with greater efficiency.

The TYA invited Scott Clark, who has taught for us before and has an understanding of our approach, to conduct a workshop for us. Scott led the teachers through an awareness of how movement flows through the different parts of the body in relation to intention, self-understanding and in connection with the world around us.

Twenty-two teachers attended the workshop and it was extremely well received.

First Aid Course

We offer these courses to our teachers each year so that they can keep up their First Aid training at reduced cost and a further course ran this year. As we were able to subsidise the course we were able to keep the charges down (with an awareness of the strain that lockdown has placed on teachers) to £25 instead of £40 per participant.

ADDITIONAL TYA ACITVITIES

Our TYA teachers now seem to have recovered from the disruption of the past two years and continue to teach in a variety of settings ~ private halls, studios, gyms, etc. ~ in various parts of the country.

Lockdown saw the arrival of the ‘online’ class on an unprecedented scale ~ and it remains popular. Many of our teachers have maintained an online class programme along with their ‘live’ classes.

In addition:

Teachers Master Classes

These online classes continue to be conducted online by Swami Ambikananda and remain popular as they can be accessed by teachers from all over the country. This includes two early morning classes and an evening class each week.

Classes for People with Multiple Sclerosis

Dr. Uddhava Samman and Hema Patel continue to teach online classes for people with Multiple Sclerosis. As transport is often a problem, this is an ideal setting for them and the classes are well-attended.

In addition, Dr. Samman has been invited by the Berkshire MS Therapy Centre to conduct meditation classes for people suffering from MS. He gave an introductory course on the topic and now teaches on-going meditation classes to this group.

TYA Website Monthly Blogs on Philosophical Aspects of Yoga

Swami Ambikananda wrote 12 monthly blogs on different philosophical aspects of Yoga These were well received by our teachers and the public.

Increase of Online Presence

We spent much time this year researching filming of videos specifically related to the philosophy of Yoga to create a substantial online presence, now absolutely necessary in the world of Yoga.

Finding film-makers who were good *and* within our budget proved to be a lengthy and tricky process. However, we have now identified a small firm who make specialist videos and would fit within the budget we have.

ADDITIONAL ACTIVITIES

Class for Teachers at St. James Senior School in Surrey.

St. James is the only school in the UK that teaches Sanskrit (the ancient language of Yoga) alongside Latin and Greek.

Link: <https://www.sanskritatstjames.org.uk/>

In 2022 they selected Swami Ambikananda to give a Yoga class to teachers on their annual retreat. It was well-received and we had excellent feedback.

Article in Current Psychology

An article relating to the research project that Swami Ambikananda ~ on behalf of the TYA ~ took part in, in 2019, was published in the prestigious *Current Psychology* magazine.

The research was done to examine the effects on social bonding of Yoga with a spiritual content as opposed to a strictly physical approach. The Article is entitled 'Bending and Bonding: A randomised control trial on the socio-psychobiological effects of spiritual versus secular yoga practice on social bonding'.

Swami Ambikananda is named as one of the authors.

Link: <https://link.springer.com/article/10.1007/s12144-022-04062-2>



Responsibilities of Care

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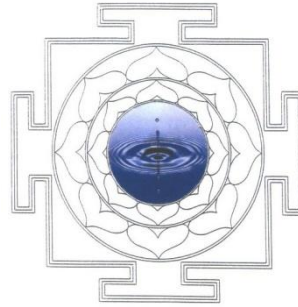
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None of this would be possible without the generosity and hard work of the wonderful people who continue to support the fund raising efforts of MUKTI. It is impossible to name everyone but special gratitude flows from us to our loyal patron Trudie Styler for her support.

In the summer of 2021 we organised a month-long Yoga fund-raiser ~ the Mukti Sun Salutations Challenge which raised £15,030 for the Mukti Project. Due to the success of this fund-raiser we are planning to hold another Sun Salutations Challenge in the summer of 2022.

With this support, in 2021/22 we were able to give additional grants in order to help the charities we support in India and the UK, knowing the additional stresses placed on them by the pandemic. During 2021/22 a total of £26,473 was raised and £26,100 given away in grants as follows:

- Karm Marg India, home for street-children in Delhi : £16,600 (£6,600 above our usual annual grant to KM).
- Naz, home for children who are HIV Positive in Delhi : £2,000
- Centrepont London, for homeless young people : £2,500
- Launchpad, for homeless people in Reading: £2,500
- Gandhigar, a centre for learning for children with disabilities: £2,500



Traditional Yoga Association
Constituted by Deed of Trust on 6 February 2002

Receipts and Payments Accounts for the period
Year from 01 July 2021 to 30 June 2022

Charity No 1091469

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2021 to 30 June 2022

Balance Sheet	2022			2021		
As at 30 June	£	£	£	£	£	£
Current assets						
Cash at bank and in hand	<u>46,111</u>			<u>52,897</u>		
		46,111			52,897	
Current Liabilities						
Amounts falling due within one year	<u>-</u>			<u>-</u>		
		<u>-</u>			<u>-</u>	
Net current assets		46,111			52,897	
Total net assets		<u>46,111</u>			<u>52,897</u>	
Income Funds						
Unrestricted funds		24,266			28,169	
Restricted funds (The Mukti Project)		21,845			24,728	
		<u>46,111</u>			<u>52,897</u>	

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2021 to 30 June 2022

Income	TYA Unrestricted Funds	Restricted Funds Mukti Project	2022 Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	2021 Total
Philo Trust	16,000		16,000	12,000		12,000
Yoga Teacher training course	100		100	7,889		7,889
TYA In-service training	1,321		1,321	350		350
TYA Membership fees	2,480		2,480	1,310		1,310
Book sales	138		138	406		406
Yoga Masterclasses	9,711		9,711	10,009		10,009
Refund from Mukti	0		0	158		158
Gift Aid	0	2,461	2,461	0	5,097	5,097
Donations	0	8,982	8,982	250	13,137	13,387
Sun Salutations Challenge		15,030	15,030			
Sunday's child		0	0		5,556	5,556
Christmas Fun Walk		0	0		1,761	1,761
Love of the Draw		0	0		1,529	1,529
Total	£29,750	£26,473	£56,223	£32,372	£27,080	£59,452

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2021 to 30 June 2022

Expenditure	2022			2021		
	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total
Tutor Development	30		30	0		0
TYA Course costs & Development	2,913		2,913	1,355		1,355
Trainers' fees	22,462		22,462	14,416		14,416
IYN & Yoga Alliance Membership	641		641	746		746
Amazon fees	148		148	181		181
Purchase of books to sell	301		301	293		293
Advertising	138		138	138		138
Online classes equipment/support	740		740	335		335
Updating Website & Domain renewal	2,799	775	3,574	1,909	375	2,284
Stationery, printing & postage	1,392	693	2,085	737	180	917
Public Liability Insurance	393	392	785	4	774	778
Room hire	824	0	824	163	121	284
TYA administrative costs	872	0	872			
Bank charges		125	125	57	171	228
Grants		26,100	26,100		29,025	29,025
Lottery expenses		373	373		348	348
Car expenses		174	174		325	325
Fundraising expenses		723	723		200	200
Covid consultation fee			0	65		65
Mukti			0	113		113
Just Giving fees			0		216	216
Total	£33,653	£29,355	£63,008	£20,512	£31,735	£52,247

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2021 to 30 June 2022

	TYA Unrestricted Funds	Restricted Funds Mukti Project	2022 Total Funds	TYA Unrestricted Funds	Restricted Funds Mukti Project	2021 Total Funds
Surplus in period	(£3,903)	(£2,883)	(£6,786)	£11,860	(£4,356)	£7,504
Funds at 1 July 2021	£28,169	£24,728	£52,897	£16,310	£29,083	£45,393
Funds at 30 June 2022	£24,266	£21,845	£46,111	£28,169	£24,728	£52,897



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity Name TRADITIONAL YOGA ASSOCIATION

On accounts for the year ended

30th JUNE 2022

Charity no (if any)

1091469

Set out on pages

(remember to include the page numbers of additional sheets)

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended DD/MM/YYYY.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Independent examiner's statement

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: BHADRESA

Date: 23/4/23

Name: MR KETAN BHADRESA

Relevant professional qualification(s) or body (if any):

CHARTERED ACCOUNTANT

Address:

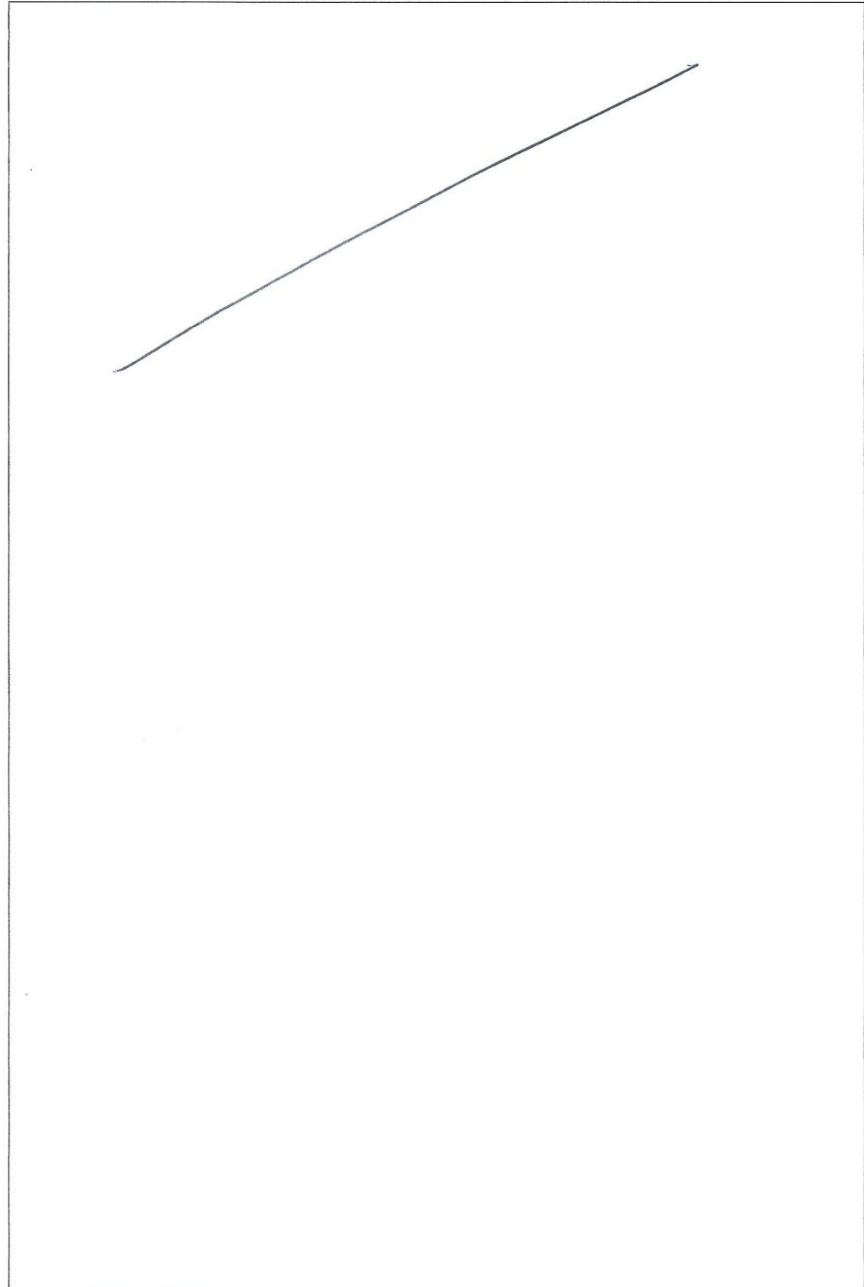
15 OLD FARM CRESCENT
TILEHURST
READING RG31 6SS

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

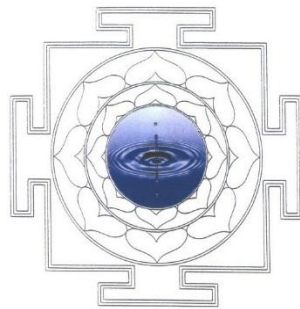
Give here brief details of any items that the examiner wishes to disclose.

A large, empty rectangular box with a thin black border, intended for the examiner to provide details of any items they wish to disclose. A single, thin, dark diagonal line is drawn across the box from the lower-left quadrant to the upper-right quadrant.

THE TRADITIONAL YOGA ASSOCIATION

England & Wales - Charity number 1091469

Accounts



Traditional Yoga Association[®]
Constituted by Deed of Trust on 6 February 2002

Charity Number 1091469

Annual Report

1st July 2020 – 30 June 2021

Annual Report of the Traditional Yoga Association® 2020/21

Founded in the UK in 1995, the Traditional Yoga Association® (TYA) was registered as a charity by Trust Deed on 6th February 2002. This Annual Report covers the period from 1st July 2020 to 30th June 2021.

REFERENCE AND ADMINISTRATIVE INFORMATION

Name and Charity Number

The Traditional Yoga Association® is registered as a charity with the Charity Commission number 1091469.

The Traditional Yoga Association is also known as the TYA.

Charity's principal address

84 Kenilworth Avenue, Southcote, Reading, Berkshire RG30 3DW

Chairperson of the Charity

Swami Ambikananda

The Trustees serving during the year were as follows:

Dr Uddhava Samman

Ms Manisha Wilmette Brown

Ms Penny Hitchings-Jones

Mrs Hamulata Patel (from 1 April 2021)

Independent Examiner

Mr K. Bhadrassa

Bankers:

Lloyds Bank, Broad Street, Reading

Co-operative Bank, PO box 250, Skelmersdale, WN8 6WT

Insurance Brokers:

Balens, Bridge House, Portland Road, Malvern, Worcs. WR14 2TA

Towergate Insurance, Towergate House, First Floor, 5 Airport West, Lancaster Way, Yeadon, Leeds, LS19 7ZA

STRUCTURE, GOVERNANCE AND MANAGEMENT

Trust Deed

The Traditional Yoga Association[®] is a registered charity and is governed by its Trust Deed dated 6th February 2002.

As set out in the Trust Deed future Trustees will be appointed by resolution of the Trustees. New Trustees are given induction by the Trustees and are able to attend courses where relevant, in order to fulfil their role as Trustees.

Risk Management

It is the duty of the Charity's Trustees to ensure that the Charity's resources are protected and internal financial controls are in place. The Trustees ensure that regular reviews of the effectiveness of the Charity's internal financial controls are undertaken.

Risk Assessments are conducted on a regular basis and there is a continuous monitoring of financial controls. The Trustees at all times seek to Manage Risk to the Charity and seek to reduce risk wherever possible in all aspects of the running of the Charity. For reasons of cost and practicality, the system of internal control is intended to manage rather than eliminate risk and to give reasonable rather than absolute assurance.

OBJECTIVES AND ACTIVITIES

The objects of the Charity, as set out in the Trust Deed of 6TH February 2002 are:

To promote public education in the three facets of the Yoga Darshan: Jnana, Bhakti and Karma which include education and research, devotional and spiritual practices and rituals and the fulfilment of the responsibilities of care and service;

To provide relief for people who are in financial need; and

To promote education by the provision of schools and education to the public.

To reach our first charitable objective we built the three facets of Yoga into our organisational structure. To cultivate Jnana Yoga we offer Yoga Teachers Courses to train Yoga teachers; topical Yoga workshops; Philosophy courses; Meditation courses; and workshops open to all. The philosophy of Yoga is taught in specific classes but it is also an important and integral part of every course offered by the Traditional Yoga Association®.

As part of our Bhakti Yoga the TYA organises devotional functions which bring together members of diverse ethnic and religious backgrounds providing both inter-cultural education and spiritual expression.

As part of our Karma Yoga we set up The MUKTI Project and ring-fenced funds to support dispossessed and endangered children in India and since 2013 we have been giving grants to charities in England that help people who are homeless. This is our Yoga practice of working for others rather than oneself alone.

Public Benefit

The Traditional Yoga Association provides a very high standard of training for those who wish to become Yoga teachers and the provision of support and CPD for teachers after they have completed their course.

The TYA offers Yoga classes, courses, workshops, meditation courses and philosophy classes open to all and seeks to teach Yoga in a way that improves the physical, mental and spiritual health of everyone who attends the classes. The Charity welcomes all adults to its classes, trainings and courses regardless of their age, race, faith, gender, sexual orientation or personal circumstances. Where possible bursaries are given to people who are unable to afford classes or courses taught by the Traditional Yoga Association. The TYA also produces publications and CDs as another way to educate members of the public.

The TYA set up the MUKTI Project to raise funds to support the education and care of endangered children in India and more recently the charity has started donating to projects that support homeless people in the UK.

Our Trustees have given careful consideration to the Charity Commission Guidance on Public Benefit (2013).

ACHIEVEMENTS AND PERFORMANCE

Financial Review

The Trustees present their report with the financial statements of the charity for the year ended 30th June 2021. The financial statements have been prepared as Receipts and Payments Accounts as allowed under section 133 of the Charities Act 2011 ('the Charity Act'). Please see the Receipts and Payments Accounts for a full report.

In the period from 1st July 2020 to the 30th June 2021 the total income was £59,452 and the Expenditure was £52,247. Of this £27,080 was income specifically for The MUKTI Project.

Grants totalling £29,025 were allocated from Restricted funds by The MUKTI Project. The remaining funds belonged to the next financial year's allocation of grants.

Charity Reserves Policy

Since the Charity's overheads are relatively small the Trustees do not wish to hold large reserves in unrestricted funds. However, given the current uncertainties caused by the pandemic, the Trustees have revised the Reserves policy and now aim to maintain Reserves equivalent to the average annual expenditure from unrestricted funds for the previous two financial years.

The balance at 30th June 2021 stood at £28,169 in unrestricted funds. This amount is in line with the amount recommended in the revised Charity's Reserves Policy. The Reserves Policy will continue to be reviewed every six months to ensure that it continues to be appropriate for the work of the Charity.

Review of Activities of the TYA 2020/21

The Philo Trust

We are extremely grateful to the Philo Trust for their financial support that really was crucial to getting us through another year of this pandemic. Their grant helped us in keeping down the cost of on-going training for our teachers who were subject to losses in earnings during this period.

TYA FOUNDATION AND TEACHER TRAINING COURSES 2021

Yoga Foundation Course

A Foundation Course was taught by TYA Tutor Ben Parkes during 2021 in Trowbridge, Wiltshire, and 18 people successfully completed this course. The next Foundation Course in Trowbridge is scheduled to begin in 2022.

Teacher Training Course – Reading

The Teacher Training Course taught by Swami Ambikananda in Reading finished in 2021, and seven students completed the course. This Course had started in 2019, and had taken longer than usual to complete due to the pandemic. During the first half of 2021 the Course was taught online, and then in person during the summer when it was felt safe to meet in person.

Grant Placements: Thanks to the Philo Trust we were able to offer a total of £800 in grants to a student who needed it.

Teacher Training Course – Trowbridge

A new Teacher Training Course in Trowbridge taught by Ben Parkes is scheduled to start in January 2022.

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) FOR TYA TEACHERS 2021

Due to the pandemic, the TYA CPD workshops continued online throughout this year. We reduced the cost to £10 per workshop to financially assist our teachers during this time.

Holding the workshops online also made the training possible for teachers who were having to isolate or shelter due to Covid restrictions. It also meant those living further from Reading did not have to travel to attend.

The following CPD Workshops were held:

1. Helping Children and Parents Reduce Anxiety

With home-schooling and lockdown at the start of 2021, our teachers were hearing stories from parents of how they ~ and their children ~ were struggling with anxiety.

The TYA organised this workshop, taught by Judy Cloughton, in February 2021. It introduced some easy, practical tools to cope with anxiety for children and busy parents, that TYA teachers could convey to their students. The workshop looked at how anxiety plays out differently in different people, of different ages, and discussed ways to manage it.

It was well-received by the teachers who attended.

2. Online teaching webinar

It has become clear that teaching online is here to stay in one format or another. This is a new development for most Yoga teachers and on 28th March Swami Ambikananda gave a webinar on the measures required for any online TYA Yoga classes and presented a document on the legal and insurance requirements of teaching online classes.

Swami Ambikananda had previously attended a webinar organised by The Chartered Institute for the Management of Sport and Physical Activity (CIMSPA), in which various leaders in the field, as well as spokespeople for insurance companies, talked about delivering physical activity online and some important information emerged.

3. The Inner Journey of Yoga and Climate Change

Climate change is much in the news and Yoga practitioners everywhere have been asking how Yoga can help them respond to it. We are lucky enough to have a climate scientist, Helen Clark, as one of our TYA-trained Yoga teachers. Helen is currently working in industry as an Environmental Manager focussing on energy and carbon management, and therefore perfectly placed to conduct a workshop for our teachers.

In this workshop Helen explored how Yoga philosophy and practice might help deepen our relationship with our natural environment and encourage a sense of reverence from which we take personal action in the global crisis of climate change. For example, Helen explored how the philosophical teachings of Patañjali represented a more environmentally sustainable way of living and how we as Yoga teachers and practitioners can influence more environmentally sustainable behaviours ‘off the mat’.

This workshop was extremely well received by all the teachers attending and we are going to explore how we can open it to a wider audience in 2022.

4. Philosophy on the Mat

Over the past two decades, as the ‘fitness industry’ has burgeoned, we have observed that philosophy seems to have diminished in general Yoga classes as more emphasis is placed on the physical and health benefits of Yoga asanas. In response to this, Swami Ambikananda has developed and taught two new workshops demonstrating how Yoga philosophy can not only be incorporated into the physical work done on the mat, but how Yoga philosophy can enrich and enhance the physical practices. The first of these was:

4a. Interoception, Svādhyāya and Svabhāva

In this first workshop held in 2021 Swami Ambikananda explained the concept of interoception ~ our ability to understand, access and appropriately respond to the internal signals sent from the body to the brain. She explained to students the new emerging science of Polyvagal Theory and how this perfectly reflects the Yogic philosophical practices of Svādhyāya (self-knowing) and Svabhāva (attitude). She also taught practical examples of how these concepts can be made accessible, and useful to our students in classes as well as everyday life.

This was an introductory workshop on the subject ~ it is planned to explore it deeper, in person, when this pandemic permits, hopefully in 2022.

4b. The Power of the Pause

Following on from the first workshop, the second CPD workshop explored the oldest extant philosophical teaching of Yoga, the Katha Upanishad and ‘the power of the pause’. In this workshop Swami Ambikananda looked at how the Katha Upanishad, offers ‘the pause’ moment as the first teaching of Yoga.

Swamiji practiced with the teachers the moment of pause as we can apply it on our mats in āsana and prāṇāyāma ~ and then looked at how we can take it beyond the confines of our mat and into our lives.

Feedback about both workshops was excellent.

5. First Aid Courses

The TYA requires all Yoga teachers to have a valid First Aid certificate, therefore two face-to-face courses were organised in 2021, and a total of 19 teachers completed the course. These courses were taught by the British Red Cross and we have always been impressed by the high quality of the courses that they provide. We normally charge £40 per teacher to

cover the Red Cross's fee. Thanks to the Philo Trust grant, the TYA were able to halve the teachers' fee and bear the remaining cost ~ in order to help them in a period made difficult by the pandemic.

FURTHER TYA ACTIVITIES 2020/21

TYA Yoga Masterclasses

Swami Ambikananda has continued teaching the TYA Yoga Masterclasses online throughout the year. To the weekly Masterclass, we added:

Early Morning Yoga

Included in the Masterclasses, Swami Ambikananda began an online teaching of two early morning classes ~ 6.30 to 7.15 am, comprising 30 minutes of movement focussing on balancing the meridians with asana, and ending with 15 minutes of contemplation/meditation. These have been well-attended and attendees refer to them affectionately as 'the pyjama yoga classes'.

Online Yoga classes for people with Multiple Sclerosis

Uddhava Samman, our Treasurer and long-time Yoga teacher ~ has continued to teach Yoga to people with MS, throughout the year and Hema Patel, also a TYA Trustee, has also now started teaching people with MS.

In 2020 Uddhava's wheelchair students nominated him for the 'Berkshire Physical Activity Lockdown Hero Award' organised by a charity called *Get Berkshire Active* and he was announced as one of the winners in February 2021. He was interviewed on BBC Radio Berkshire about his work teaching Yoga to people with MS and as one of the winners of these awards.

Online TYA Philosophy and Chanting Class

Swami Ambikananda continued teaching the online philosophy and chanting class during the first part of the year while the Covid restrictions were still in place. The demand for these classes to continue is high and we will explore the possibility of re-establishing them later in 2022.

Yoga and Otago

Swami Ambikananda has been teaching an online Yoga class through the year that combines Yoga with the Otago Exercise Programme (OEP).

The OEP is an exercise programme developed by two New Zealand gerontologists to help prevent older people from falling. The leading cause of death in the world for people over 75 is falling. The OEP has been evaluated by leading universities throughout the world and emerged as the primary exercise programme for falls prevention.

These classes combining Yoga ~ including asana, pranayama contemplation, meditation and philosophical discussion ~ with the OEP have proved very successful. We have also encouraged our teachers to attend this class to deepen their understanding of teaching the growing ageing population. Attendance by teachers has been good and they seem to be more aware now of the need to explore this area of teaching more deeply.

Yoga for Older People

Following the Sports England Survey and our interaction with the Reading Hindu Temple (see below), we are again looking at our Sage Yoga course developed some years ago to see how we can re-introduce it to our teachers and to a wider group of Yoga teachers.

To this end Swami Ambikananda has formed a group of six people, including three of our female TYA teachers of South Asian ethnicity, to expand and re-formulate the course, ensuring that it appeals to people of all ethnicities.

Yoga and Blind People

Our 'Blindfold' Yoga classes ~ organised to raise funds for The Royal National Institute of Blind People (RNIB) ~ was cut short by the first pandemic closure in 2020. A number of TYA teachers had volunteered to give pro-bono classes throughout the year and the two classes we managed to give before the pandemic hit raised over £300 that was sent to the RNIB.

This led to discussions among our teachers about how people who are blind can be included in Yoga classes, and how we can create Yoga classes specifically for blind people. To this end Swami Ambikananda has contacted a local branch of the RNIB and, with another senior teacher, is in discussion with them to develop such a course for our teachers in the future. If this proves to be successful we hope to approach a local organisation for deaf people to see if and how we can extend our classes to see how they can also be served.

Yoga Blog Series

One of the ways we seek to pass on traditional yoga teaching to our teachers and the public is through the TYA Blog Page on our website. Swami Ambikananda has begun a new monthly series of blogs entitled 'What does it Take?' exploring the philosophical aspects of Yoga.

These can be found at : www.traditionalyoga.org/blog

SUPPORTING YOGA ACTIVITIES 2021

Yoga for Older People at Reading Hindu Temple

The local Hindu Temple holds regular pro-bono Yoga classes. Some of their teachers gained their training through the TYA, while others were trained by other schools. The teachers not trained by the TYA had received no training in teaching older adults ~ and they approached the TYA to request training in this specific area.

At the CIMSPA meeting earlier in the year the results of the 2021 *Active Lives Adult Survey* conducted by Sports England were discussed. This survey revealed that South Asian women over 50 are the least likely to engage in movement or exercise activities.

We felt strongly that this was a segment of the population we needed to find ways to serve and, in the spirit of the pro-bono classes at the Temple, Swami Ambikananda offered them some basic training on a pro-bono basis.

The teaching was well received by the temple teachers and is now incorporated into their teaching activities.

Talk on Swami Venkatesananda

In March 2021 Swami Ambikananda was invited by Ananda Kutir Ashram in Cape Town, South Africa, to give a talk about the teachings of her guru, and the inspiration behind the formation of the TYA, Swami Venkatesananda. This was organised as part of a year of worldwide celebrations to mark the centenary of his birth.

It was well-attended and Ananda Kutir Ashram have now posted it to You Tube where it can be viewed at:

<https://www.youtube.com/watch?v=ldGLXKJhr3k>

Asana Out Loud Workshop

Swami Ambikananda was invited to give an online workshop for a local Yoga teachers organisation, the Berkshire Yoga Teachers Circle, in 2021.

Pronouncing the Sanskrit asana names presents a particular challenge for English-speaking teachers. In this online session Swami Ambikananda taught students how to correctly pronounce the Sanskrit names of some of the most often used asanas and mantras. The session was conducted with much Yoga love and laughter. She also sent all of the attendees a handout, to break down Sanskrit words for pronunciation.

Dawn of Inter-Spirituality New Year's Retreat

Swami Ambikananda was one of the international spiritual leaders invited to speak on their online New Year's Retreat organised by the Dawn of Inter-spirituality project based in America.

Posted online this can be viewed at: <https://youtu.be/aapsajbiMHs>

FUTURE PLANS

Even though lockdowns and restrictions have been removed, the pandemic has left us with online classes as something of a norm. We therefore envisage a mixture of online and in-person teaching in 2021/22.

Planned CPDs for TYA Teachers

1. First Aid Course

A First Aid course is scheduled for those TYA Teachers whose First Aid Certificate will need renewing.

2. Movement as Meditation

We have invited James D'Silva, founder of the internationally popular 'Garuda Movement' (based on Yoga) to give a session in Reading on using the movement of vinyasa (continuous flow of asanas) as a means of accessing the meditative state.

3. Yoga in a Corporate Environment

One of our teachers has a number of years of experience teaching in a corporate environment, and she will be running a workshop on how to access such work and what is required of the Yoga teacher in a corporate environment.

4. TYA Yoga Videos on the Internet

The pandemic has shown us how important the internet can be in teaching Yoga, and Swami Ambikananda will be filming some Yoga videos with our teachers for the internet.

Swami Ambikananda's publications, the internet and online teaching enables the TYA to expand its teaching across the UK and throughout the world. Swami Ambikananda is recognised as an authority on Yoga, and her book *Healing Yoga*, which was first published in 2001 and republished in 2019, has been translated into many different languages around the world. We therefore feel confident that we can bring other teachers into this activity and create an online presence.

5. Developments in the TYA Tutors Course

Swami Ambikananda is in the process of exploring how to develop the TYA Tutors Course with three selected teachers. We have now selected three teachers and offered them substantial grants to enable them to complete this course and become TYA Tutors, teaching the TYA Teachers Course, thus becoming TYA Tutors.

Furthermore, with technological developments advancing at a fast pace and since the onset of the pandemic, Yoga schools around the UK have been considering how to respond to this changing situation. Many Yoga courses have now moved to a 'blended' approach using a mixture of face-to-face teaching, pre-recorded material, online (live) content, and support ~ and the proportion of each varies from one School to another. Swami Ambikananda, Uddhava and some other TYA teachers, are considering if any parts of our Teachers Course could be pre-recorded for future courses.

6. Meditation around the World – University of Oxford

Swami Ambikananda has been invited to teach on a two-day course entitled 'Meditation around the World' at the University of Oxford on 26-27 February 2022. This course will explore the theory and practice of different types of meditation from different spiritual traditions.

7. Hospice Work

Swami Ambikananda founded and ran the Reading Hindu Chaplaincy group for a number of years. During this time she recognised the need for spiritual guidance without the framework of any particular religion in a hospice setting. In the last government census the number of people who identified themselves as 'spiritual but not religious' had increased substantially. To this end we will be exploring the possibility of Yoga teachers being trained to specifically give guidance on meditation and other Yoga stress reduction techniques in hospices.

Conclusion

This pandemic has allowed all of us to appreciate, from a wholly new perspective, the strength Yoga offers in a challenging situation. For many of us, it has deepened our appreciation of this extraordinary philosophy, developed in a country and time so far removed from where we now practise it.

Thus the pandemic has deepened our commitment to continuing to offer Yoga's traditions to the contemporary seeker.



Responsibilities of Care

Discovering the spirit of Yoga on the mat, and then taking that spirit off the mat and into our daily lives, has always been the dream of the teachers of the Traditional Yoga Association ~ and MUKTI is a pathway we created for that.

In 1998 the TYA established the MUKTI Project in order to support the education of impoverished and endangered children in India. Since then we have extended our fund-raising to support homeless people in the UK.

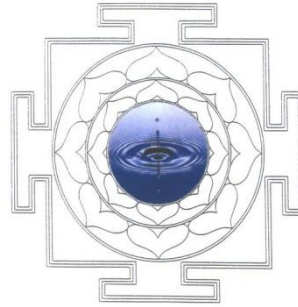
The MUKTI Project continues to be well-supported by TYA Yoga teachers who very enthusiastically participated in the year's fund-raising projects, bringing in their students as well as teachers and students from other Yoga schools. In this way we feel we live up to the highest ideals of Yoga ~ by giving and sharing.

None of this would be possible without the generosity and hard work of the wonderful people who continue to support the fund raising efforts of MUKTI. It is impossible to name everyone but special gratitude flows from us to our loyal patron Trudie Styler for her support. We were very grateful to James D'Silva (from the Garuda Studio) and Swami Ambikananda for teaching an online fundraising event called 'Sunday's Child' in 2020. James gave a Garuda movement class and Swami Ambikananda taught a Breathwork session. Neither received fees for their teaching and a total of £5,556 was raised for the MUKTI Project.

In December 2020 Reena Doshi organised a Christmas Fun Walk for young children and this raised £1,761 for the MUKTI Project. Laura Truesdale generously gave her time and skill and raised £1,529 from her online art classes 'Love of the Draw'. The remaining funds were raised from our supporters who keep giving so generously and who never forget us.

With this support, in 2021 we were able to give additional grants in order to help the charities we support in India and the UK, knowing the additional stresses placed on them by the pandemic. During 2020/21 a total of £27,080 was raised and £29,025 given away in grants as follows:

- Karm Marg India, home for street-children in Delhi : £17,000 (£7,000 above our usual annual grant to KM).
- Naz, home for children who are HIV Positive in Delhi : £5,000 (£2,000 above our usual annual grant to Naz).
- Centrepont London, for homeless young people : £2,500 (£1,500 above our usual annual grant).
- Launchpad, for homeless people in Reading: £2,500 (£1,500 above our usual annual grant).



Traditional Yoga Association
Constituted by Deed of Trust on 6 February 2002

Receipts and Payments Accounts for the period
Year from 01 July 2020 to 30 June 2021

Charity No 1091469

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

Balance Sheet	2021			2020		
As at 30 June	£	£	£	£	£	£
Current assets						
Cash at bank and in hand	<u>52,897</u>			<u>45,393</u>		
		52,897			45,393	
Current Liabilities						
Amounts falling due within one year	<u>-</u>			<u>-</u>		
		<u>-</u>			<u>-</u>	
Net current assets		52,897			45,393	
Total net assets		<u>52,897</u>			<u>45,393</u>	
Income Funds						
Unrestricted funds		28,169			16,310	
Restricted funds (The Mukti Project)		24,728			29,083	
		<u>52,897</u>			<u>45,393</u>	

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

Income	2021			2020		
	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total	TYA Unrestricted Funds	Restricted Funds Mukti Project	Total
Philo Trust	12,000		12,000	14,000		14,000
Legacy donation	0		0	2,500		2,500
Yoga Foundation course	0		0	100		100
Yoga Teacher training course	7,889		7,889	11,900		11,900
TYA In-service training	350		350	3,226		3,226
TYA Membership fees	1,310		1,310	2,240		2,240
Book sales	406		406	334		334
Yoga in the Dark classes	0		0	315		315
Bank compensation	0		0	153	4	157
Yoga Masterclasses	10,009		10,009	5,553	3,965	9,518
Refund from Mukti	158		158			
Gift Aid	0	5,097	5,097	0	2,521	2,521
Donations	250	13,137	13,387	2,000	16,147	18,147
Sunday's child		5,556	5,556			
Christmas Fun Walk		1,761	1,761			
Love of the Draw		1,529	1,529			
Jugaad Bag sales		0	0		80	80
Mukti lottery		0	0		741	741
Sponsored Garba		0	0		5,393	5,393
Keep Moving for Charity		0	0		461	461
Total	£32,372	£27,080	£59,452	£42,321	£29,312	£71,663

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

Expenditure	TYA		2021	TYA		2020
	Unrestricted Funds	Restricted Funds Mukti Project	Total	Unrestricted Funds	Restricted Funds Mukti Project	Total
World Yoga Festival	0		0	120		120
Tutor Development	0		0	145		145
TYA Course costs & Development	1,355		1,355	1,334		1,334
Trainers' fees	14,416		14,416	22,318		22,318
REPs, IYN & Yoga Alliance Membership	746		746	785		785
Amazon fees	181		181	136		136
Purchase of books to sell	293		293	554		554
Advertising	138		138	146		146
Travel expenses	0		0	440		440
Computer equipment/technical support	335		335	250		250
Updating Website & Domain renewal	1,909	375	2,284	1,197	842	2,039
Stationery, printing & postage	737	180	917	1,644	496	2,140
Public Liability Insurance	4	774	778	770	0	770
Room hire	163	121	284	3,755	460	4,215
Covid consultation fee	65		65			
Mukti	113		113			
Just Giving fees		216	216	36	72	108
Bank charges	57	171	228	15	118	133
Grants		29,025	29,025	2,695	22,275	24,970
Lottery expenses		348	348		348	348
Car expenses		325	325		380	380
Fundraising expenses		200	200		22	22
Total	£20,512	£31,735	£52,247	£36,310	£25,013	£61,323

Traditional Yoga Association (Charity No 1091469)

Receipts and Payments Accounts for the period 01July 2020 to 30 June 2021

	TYA Unrestricted Funds	Restricted Funds Mukti Project	2021 Total Funds	TYA Unrestricted Funds	Restricted Funds Mukti Project	2020 Total Funds
Surplus in period	£11,860	(£4,356)	£7,504	£6,011	£4,299	£10,310
Funds at 1 July 2020	£16,310	£29,083	£45,393	£10,299	£24,784	£35,083
Funds at 30 June 2021	£28,169	£24,728	£52,897	£16,310	£29,083	£45,393



Section A Independent Examiner's Report

Report to the trustees/ members of

Charity name: TRADITIONAL YOGA ASSOCIATION

On accounts for the year ended

30th June 2021

Charity no (if any)

1091469

Set out on pages

Remember to include the page numbers of additional sheets

I report to the trustees on my examination of the accounts of the above charity ("the Trust") for the year ended 30th June 2021.

Responsibilities and basis of report

As the charity trustees of the Trust, you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

I report in respect of my examination of the Trust's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention (other than that disclosed below *) in connection with the examination which gives me cause to believe that in, any material respect:

- accounting records were not kept in accordance with section 130 of the Act or
the accounts do not accord with the accounting records

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in order to enable a proper understanding of the accounts to be reached.

* Please delete the words in the brackets if they do not apply.

Signed: [Signature]

Date: 25/4/22

Name: MR KETAN BHADRESA

Relevant professional qualification(s) or body (if any):

CHARTERED ACCOUNTANT

Address:

15 OLD FARM CRESCENT
TILEHURST
READING RG31 6SS

Section B

Disclosure

Only complete if the examiner needs to highlight matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).

Give here brief details of any items that the examiner wishes to disclose.

