

YOGA IN DAILY LIFE ASSOCIATION UK

England & Wales · Charity number 1103366

Details

Other names YIDL UK, YOGA IN DAILY LIFE UK

Status Registered

Legal form Charitable company

Company number [04657601](#)

Registered 2004-04-23

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

Contact

Address 74B Harlesden Gardens
London
NW10 4HA

Phone 02070888221

Email london@yogaindailylife.org

Website www.yogaindailylife.org.uk

Activities

Objects: TO ADVANCE PUBLIC EDUCATION IN THE CLASSICAL TEACHINGS OF THE SCIENCE AND PHILOSOPHY OF YOGA IN THE UNITED KINGDOM AND INTERNATIONALLY, BASED UPON THE PRINCIPLES OF THE HIGHEST STANDARDS OF PERSONAL CONDUCT AND SELFLESS SERVICE TO OTHERS. IN THIS PURSUIT, THE ASSOCIATION WILL FOLLOW THE INTERPRETATIONS AND TEACHINGS OF THE SYSTEM "YOGA IN DAILY LIFE" AS AUTHORED BY MAHAMANDALESHWAR PARAMHANS SWAMI MAHESHWARANANDA IN LINE WITH THE YOGA PRINCIPLES OF BHAGWAN SRI DEEP NARAYAN MAHAPRABHUJI OF RAJASTHAN, INDIA; TO PROMOTE AND ADVANCE FOR THE PUBLIC BENEFIT THE STUDY AND PRACTICE OF AND RESEARCH INTO THE THERAPEUTIC EFFECTS OF YOGA AS A MEANS OF IMPROVING THE MENTAL, PHYSICAL, SOCIAL AND SPIRITUAL HEALTH OF THE COMMUNITY, IN THE UNITED KINGDOM AND INTERNATIONALLY AND TO PUBLISH THE USEFUL RESULTS OF ANY SUCH RESEARCH; TO PROVIDE RELIEF FOR PEOPLE IN POVERTY, SICKNESS, DISABILITY, DESTITUTION AND OTHER NEED IN THE UNITED KINGDOM AND INTERNATIONALLY; TO PROMOTE HUMAN RIGHTS BY RAISING AWARENESS AND CULTIVATING PUBLIC SENTIMENT IN FAVOUR OF HUMAN RIGHTS IN THE UNITED KINGDOM AND INTERNATIONALLY:

Activities: Classes, courses, lectures & demonstrations of Yoga, Relaxation, Meditation, applied Spiritual Philosophy & Stress Management; social/cultural events for raising awareness/funds for humanitarian projects organised/supported by international YIDL societies; sale/distribution of study materials, publications & related items; co-ordination of & communication to members within the UK & Ireland.

Classification

- **How:** Makes Grants To Organisations, Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** General Charitable Purposes, Education/training, The Advancement Of Health Or Saving Of Lives, Disability, The Prevention Or Relief Of Poverty, Overseas Aid/famine Relief, Religious Activities, Arts/culture/heritage/science, Amateur Sport, Animals, Environment/conservation/heritage
- **Who:** Other Charities Or Voluntary Bodies, The General Public/mankind

Geography

- **Area of benefit:** THE UNITED KINGDOM AND INTERNATIONALLY
- Brent

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£8,101	£6,259	-	-
2023-12-31	£19,430	£13,823	-	-
2022-12-31	£28,500	£18,057	-	-
2021-12-31	£59,740	£36,684	-	-
2020-12-31	£55,944	£40,058	-	-

Trustees

Name	Role	Appointed
VLADIMIR SEHNOUTEK	Chair	
Asija Delalic		2022-10-08
Jiri Vanek		2022-10-08
Richar Odor		2022-10-08
Swami Avatar Puri		2026-01-12

YOGA IN DAILY LIFE ASSOCIATION UK

England & Wales - Charity number 1103366

Accounts

**YOGA IN DAILY LIFE ASSOCIATION - UK
FOR THE YEAR ENDED 31ST DECEMBER 2022**

**CHARITY REGISTRATION No: 1103366
COMPANY REGISTRATION No: 4657601**

Independent Examiners Ltd
Unit 2
The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

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**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**Report of the Trustees
FOR THE YEAR ENDED 31 DECEMBER 2022**

Introduction

This report covers the activities of Yoga in Daily Life Association – UK in the year 2022

Legal and Administrative Information

Yoga in Daily Life Association – UK is a company limited by guarantee, no. 4657601

Registered as a charity no. 1103366, and governed by its memorandum and articles of association. Details of its objects are given below.

Board of Trustees

Paramhans Swami Maheshwarananda
Vladimir Sehnoutek
Roman Sehnal
Asija Delalic
Zuzana Kasparova
Richard Odor
Jiri Vanek

Reg. Office and Centre

121a Dartmouth Road, London, England NW2 4ES

Telephone

0207 088 8221

Email

london@yogaindailylife.org

Website

www.yogaindailylife.org.uk

Bankers

The Co-operative Bank
PO Box 101, 1 Balloon Street
Manchester M60 4EP

Independent Examiners

Independent Examiners Ltd
Unit 2, The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

Trustee Selection Method

The trustees are elected by existing membership of the Charity according to:

- i) Their expressed wish to serve as a Trustee
- ii) Their personal commitment and support for the objectives of the Charity
- iii) The skills and experience they can offer as a Member of the Board
- iv) Their financial stability
- v) Their legal eligibility for the position

Classes and courses

The core of the Charity's activity continues to be providing yoga classes and courses for the General Public in London. 2022 began with the Charity running 12-week Course for the first level of Yoga in Daily Life's eight-level System. The Course allow Students to learn and practice a particular level of the Yoga in Daily Life eight-level System, provide them with a grounding and comprehensive knowledge, and enable them to progress in their practice. The development of these courses has been successful with Students progressing through the levels. Students may choose to progress beyond the first level by regularly attending more advanced drop-in classes.

The Courses have proven particularly popular with Students who wish to develop their knowledge and skills as yoga practitioners. The "casual" (drop-in, no booking needed) classes open to the General Public, have been popular with beginners and Students who wish to have an opportunity to "try-out" yoga practice before committing to an extended period of study or who are not able to commit to the regular format of the Courses.

2022 began with a total of nine teachers actively teaching Yoga in Daily Life in London as part of the Charity's regular activities. Their backgrounds reflect the international nature of the Charity's Membership for the benefit of the wider public with teachers coming from the UK, Canada, Croatia, Lithuania, Czech Republic and Hungary.

Continuing from the COVID 19 pandemic we have also kept open our drip-in classes via Zoom, the online streaming platform as we had been doing in 2020 and 2021 during the COVID lockdowns, for the people who still don't feel comfortable coming to the yoga centre for the in-person classes.

Throughout the 2022 we were also helping some of our Students to cope with post-Covid 19 symptoms through Yoga in Daily Life System breathing and meditation techniques as well as regular yoga practice.

Unfortunately, we experienced a drastic reduction in the number of students both willing to pay for online yoga classes, and those comfortable to attend in person, so our revenues dropped significantly.

In September 2021, the lease for our premises expired and the landlord confirmed they would not renew the lease because they wanted to renovate the premises and let to a commercial business on a far higher rent than we could afford. Therefore, we moved to a smaller premises as of 1 October 2021 which was close to the old centre, so our regular students were still able to attend. Unfortunately, in September 2022 after a year in these premises, we didn't manage to negotiate with the landlord to extend the lease of the premises under agreeable conditions, thus we had to move out, searching for alternative arrangements.

Since November 2022 we are running twice a week drop-in classes (one beginner and one advanced) in the local school hall very close to the original yoga centre keeping most of the regular students.

Other programmes

Satsangs are held regularly on Sunday evenings, primarily for members of the Charity but everyone is welcome. These are social occasions of spiritual nourishment, which include sharing a meal; singing songs of spiritual guidance and teaching; readings from yogic and other inspirational scriptures; prayers; announcements of Charity issues and upcoming events; video lectures; and group meditation. We are able to continue Satsang at various locations every week, which is an integral part of the spiritual side of the practice for many members.

Statement on Public Benefit

The trustees are aware of and have acted with regard to current guidance issued by the Charity Commission on public benefit.

The Trustees, who are also company directors for the purposes of the Companies Act, hereby submit their annual report and the financial statements of Yoga in Daily Life Association – UK for the year 2022. The Trustees confirm that the annual report and financial statements of the Charity comply with the current UK statutory requirements, the requirements of the Charity's governing document (the Memorandum and the Articles of Association), and the provisions of the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014.

Board of Trustees

The Trustees meet regularly to discuss, and decide by vote, matters relating to the Charity's activities including but not limited to teacher training and co-ordination, publicity, management and maintenance of the premises and organising events. The Trustees' meetings are open to all Members, Members in attendance can raise any matters relating to the Charity's activities.

Staff/Volunteers

All Trustees, teachers and other volunteers continue to work for the Charity without any remuneration. Any fees received by teachers for external sessions are donated in full to the Charity account.

Funds held as custodian trustee on behalf of others

None

Charity Objectives

- i. To advance public education in the classical teachings of the science and philosophy of yoga in the United Kingdom and internationally, based upon the principles of the highest standards of personal conduct and selfless service to others. In this pursuit, the Charity follows the interpretations and teachings of the system Yoga in Daily Life as authorised by Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda in line with the yoga principles of Bhagwan Sri Dip Narayan Mahaprabhuji of Rajasthan, India;
- ii. To promote and advance for the public benefit the study and practice of and research into the therapeutic effects of yoga as a means of improving the mental, physical, social and spiritual health of the community, in the United Kingdom and internationally and to public the useful results of any such research;
- iii. To provide relief for people in poverty, sickness, disability, destitution and other need in the United Kingdom and internationally;
- iv. To promote human rights by raising awareness and cultivating public sentiment in favour of human rights in the United Kingdom and internationally.

The above objectives are achieved via teaching of classes, seminars and other special events, as evidenced by the number of long-standing students attending the classes who can attest to the beneficial impact their practice has had on their mental, physical, social and spiritual health.

The charity is committed to providing yoga to all who wish to practice it, and to this end students who are unable to pay are encouraged to attend classes or workshops for free – in 2022, 4 students in financial need have been assisted individually in this way.

Summary of main achievements of the charity

In a world full of conflict, division and environmental challenges, it is our desire and objective to help lessen the suffering of as many living beings as possible. We carry out this objective through the teachings of the aforementioned author of the system Yoga in Daily Life. All our yoga classes and events are carried out with these objectives in mind and if we can help citizens in the UK lead happier,

healthier lives with less conflict and division in their own lives, then we've gone some way to furthering the objectives of our international Fellowship.

Therefore, our beneficiaries are simply all those who come into contact with the authentic practice of yoga and can weave this practice into their daily lives where it may help with their health, sense of wellbeing, interpersonal relationships at home and at work, and form some to serve as a structure for their own spiritual practice.

Yoga is commonly available to UK citizens through many commercial yoga centres around the country. However, the profit motive of most yoga centres has meant that this practice is out of reach financially for many people who would otherwise benefit. The fact that we are a charity run entirely by unpaid volunteers means that we can make this valuable resource available to those who cannot afford to attend yoga classes in most other centres.

Our monthly Standing Order membership allows Students to attend classes more often at very affordable rates. It has also meant that attendance for Classes and Courses is higher in numbers. This system has given the options for Students on low incomes to be able to afford attending more classes and therefore maintain a regular yoga practice. The Charity believes the implementation of this system to be a positive contribution to the community providing affordable classes for all. A smaller number of students take advantage of the discounted "Ten Class Pass", which is used by those whose personal circumstances mean their attendance is more sporadic.

Review of the charity's financial position at the end of the period

The charity made a surplus of £10,443 in 2022, compared to a surplus of £22,786 in 2021. The Trustees are of the opinion that the charity is financially viable and can continue to meet its liabilities when they fall due.

Charity's principal sources of funds

1. Revenues from running yoga classes, courses and special events
2. Donations from members and the general public

Reserves policy

The charity holds cash reserves for the specific purpose of accumulation funds for the use as a deposit for the purchase of our own premises. At the end of 2022, there was £38,561.23 being held in reserve in a separate bank account designated for this purpose.

The trustees have decided that it's preferable to try and own our own premises which will give us more control over the running costs.

Therefore, we now operate a separate bank account where we receive donations from members for this purpose.

It is not known at this time when we will be in a position to purchase a new premises.

Going concern

As mentioned above, the lease on our rented premises have expired 30 September 2022.

As we were unable to negotiate a renewal of the lease, we found another suitable premises where we continue to run yoga classes and Satsangs for the members and general public from November 2022 onwards and searching for more possible locations to hire for yoga classes in London or indeed succeed in purchasing our own premises.

In January 2023 beginners' yoga classes were opened at new London location in Colindale at the local Library.

Statement of Director's responsibilities:

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- Select suitable accounting policies and then apply them consistently;
- Make judgments and estimates that are reasonable and prudent; and
- Prepare the financial statement on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- State whether applicable accounting standards and statement of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statement;

The trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are also responsible for the contents of the trustee's report, and the responsibility of the independent examiner in relation to the trustee's report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements. These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

I approve the attached statement of financial activities and balance sheet for the year ended 31 December 2022, and confirm that I have made available all information necessary for its preparation.

Signed on behalf of the board:



PRINT NAME:

ZUZANA KASPAROVA

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 December 2022.

As the charity's trustees (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Responsibilities and basis of report

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed



Name K Gomes MAAT FCIE

Date: 24.7.23

Independent Examiners Ltd
Unit 2
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PO18 8NF

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2022**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
INCOME AND ENDOWMENTS FROM:					
Donations and Legacies	2a	2,883	4,844	7,727	38,352
Charitable Activities	2b	20,774	0	20,774	21,118
Other	2c	0	0	0	0
TOTAL		23,656	4,844	28,500	59,470
EXPENDITURE ON:					
Raising Funds	3a	190	0	190	71
Charitable Activities	3b	17,867	0	17,867	36,613
TOTAL		18,057	0	18,057	36,684
NET INCOME/(EXPENDITURE)		5,599	4,844	10,443	22,787
Transfers between funds		0	0	0	0
NET MOVEMENT IN FUNDS		5,599	4,844	10,443	22,787
Reconciliation of funds:					
Total Funds Brought Forward		35,889	33,717	69,606	46,820
TOTAL FUNDS CARRIED FORWARD		41,488	38,561	80,049	69,606

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 10 to 15 form part of these financial statements.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET
AS AT 31 DECEMBER 2022
Company number: 4657601**

	Note	Unrestricted Funds £	Restricted Funds £	31-Dec-22 Total £	31-Dec-21 Total £
Fixed Assets					
Tangible assets	4	0	0	0	0
Current Assets					
Stocks	5	3,372	0	3,372	3,372
Debtors/Prepayments	6	0	0	0	0
Cash at bank and in hand	7	41,108	38,561	79,669	67,164
Total Current Assets		44,480	38,561	83,041	70,536
Creditors: amounts falling due within one year	8	2,992	0	2,992	930
NET CURRENT ASSETS		41,488	38,561	80,049	69,606
TOTAL ASSETS less current liabilities		41,488	38,561	80,049	69,606
NET ASSETS		41,488	38,561	80,049	69,606
Funds of the Charity					
General Funds		41,488	0	41,488	35,889
Restricted Funds	9	0	38,561	38,561	33,717
Total Funds		41,488	38,561	80,049	69,606

For the financial year ending 31 December 22 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Directors' responsibilities:

- The members have not required the charity to obtain an audit of its accounts for the year in question in accordance with section 476; and
- The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These financial statements have been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

The financial statements on pages 8 to 15 were approved by the trustees, and authorised for issue :

Signed on their behalf by Z. Kasparova

Date: 24/7/23

PRINT NAME: Z. KASPAROVA

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2022**

1. ACCOUNTING POLICIES

Basis of preparation:

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP (FRS102)).

Advantage has been taken of Section 396(5) of The Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP.

The charitable company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

Yoga In Daily Life Association - UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Preparation of accounts on a going concern basis

Preparation of the accounts is on a going concern basis. The Trustees are of the view that the level of reserves will support the charity going forward.

The charity has opted to use the natural classification of categories in its accounts.

Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period

Material prior period errors

No material prior year error have been identified in the reporting period

Some items of expenditure have been reclassified from the previous reporting period to create greater clarity Overall figures have not been restated.

The particular accounting policies adopted are set out below.

1. ACCOUNTING POLICIES

Income

Recognition of Income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the income;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

Government Grants

The charity has received government grants during this financial year in the form of Covid support grants.

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the Directors' annual report

Income from interest, royalties and dividends

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2022**

Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance Costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Legal status of the charity

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Assets

Tangible fixed assets for use by the charity:

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The estimated useful lives/rates applied are as follows:

Computer and electronic equipment	Over 4 years
Furniture and equipment	Over 10 years

2. INCOME AND ENDOWMENTS FROM:

	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
a) Donations and Legacies				
Donations	2,883	4,844	7,727	13,066
Government Grants	0	0	0	25,286
	2,883	4,844	7,727	38,352
b) Charitable Activities				
Member's Subscriptions	1,075	0	1,075	1,090
Retreats and Seminars	3,846	0	3,846	1,025
Yoga Classes and Programmes	15,853	0	15,853	19,003
	20,774	0	20,774	21,118

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2022**

2. INCOME AND ENDOWMENTS FROM:	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £	
c) Other					
Sundry and Miscellaneous	0	0	0	0	
	0	0	0	0	
3. EXPENDITURE ON:					
	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2022 £	TOTAL 2021 £
a) Raising Funds					
Advertising and Promotion		190	0	190	71
		190	0	190	71
b) Charitable Activities					
Administration Costs:					
Office Expenses and Administration		375	0	375	111
Printing, Postage, Stationery, Telephone, Internet		466	0	466	475
Refunds and Reimbursements		0	0	0	0
Seminar fees		4,889	0	4,889	
Travel expenses		180	0	180	0
Governance:					
Independent Examiner's Fees		1,729	0	1,729	930
Licences and Subscriptions:					
Memberships and Subscriptions		0	0	0	0
YIDL Licence Fee		5,693	0	5,693	1,945
Premises Costs:					
Insurance		0	0	0	1,365
Maintenance and Equipment		207	0	207	173
Rent and Council Tax Rates		3,857	0	3,857	27,000
Utilities		471	0	471	4,614
		17,867	0	17,867	36,613

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2022**

4. TANGIBLE FIXED ASSETS		Computer & Electronic	Furniture & Equipment	TOTAL
		£	£	£
Cost	01-Jan-22	0	3,993	3,993
Additions		0	0	0
Disposals		0	0	0
Cost at	31-Dec-22	<u>0</u>	<u>3,993</u>	<u>3,993</u>
Depreciation	01-Jan-22	0	3,993	3,993
Charge		0	0	0
Depreciation at	31-Dec-22	<u>0</u>	<u>3,993</u>	<u>3,993</u>
Net Book Value	31-Dec-22	<u>0</u>	<u>0</u>	<u>0</u>
Net Book Value	31-Dec-21	<u>0</u>	<u>0</u>	<u>0</u>

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

Premises lease		£
At 31/12/22	Amount payable for year to 31 December 2023	peppercorn rent (only if demanded)

5. STOCK

A stock take was conducted at the end of the previous financial year (31 December 2020), and in accordance with UK accounting standards, the stock was valued at the lower of cost and net realisable value.

Stock valuation

Opening stock at 1 January 2022	£ 3,372.87
Purchases year to 31 December 2021	£ -
Donated stock for resale 2021	£ -
Closing stock at 31 December 2022	£3,372.87

There was no movement on stock held during this financial year.

**YOGA IN DAILY LIFE ASSOCIATION - UK
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**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2022**

6. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-22 £	Total 31-Dec-21 £
Prepayments	0	0	0	0
	0	0	0	0

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-22 £	Total 31-Dec-21 £
Clearing Account	0	0	0	1,090
Current Account	41,108	0	41,108	32,357
Donation Account	0	38,561	38,561	33,717
Petty Cash	0	0	0	0
	41,108	38,561	79,669	67,164

**8. CREDITORS AND ACCRUALS: AMOUNTS
FALLING DUE WITHIN ONE YEAR**

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-22 £	Total 31-Dec-21 £
Trade Creditors	1,972		1,972	0
Accruals	1,020	0	1,020	930
	2,992	0	2,992	930

9. RESTRICTED FUNDS

	This year					Balance 31-Dec-22 £
	Balance 01-Jan-22 £	Transfers In £	Income £	Expenditure £	Transfers Out £	
New premises fund	33,717		4,844	0	0	38,561
	33,717	0	4,844	0	0	38,561

	Last year					Balance 31-Dec-21 £
	Balance 01-Jan-21 £	Transfers In £	Income £	Expenditure £	Transfers Out £	
New premises fund	22,982		10,735	0	0	33,717
	22,982	0	10,735	0	0	33,717

The New Premises Fund is for people to donate towards saving for new charity premises.

The restricted fund is wholly represented by cash reserves held in the savings bank account.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2022**

**10. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND
THE COST OF KEY MANAGEMENT PERSONNEL**

The charity employed no staff during this or the previous financial year.

11. DIRECTORS AND OTHER RELATED PARTIES

No payments were made to directors or any persons connected with them during this financial period. No material transaction took place between the organisation and a director or any person connected with them.

During the financial year, volunteers were reimbursed for items purchased on behalf of the charity.

12. RISK ASSESSMENT

The directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks. Further detail is provided in the Director's Annual Report.

13. RESERVES POLICY

The directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily. The policy is described in more detail in the directors report.

14. PUBLIC BENEFIT

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the directors report. The directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

15. EVENTS AFTER THE END OF THE REPORTING PERIOD

There are no events that require disclosure.

YOGA IN DAILY LIFE ASSOCIATION UK

England & Wales - Charity number 1103366

Accounts

YOGA IN DAILY LIFE ASSOCIATION - UK

CHARITY REGISTRATION No: 1103366

COMPANY REGISTRATION No: 4657601

Independent Examiners Ltd
Unit 2
The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

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Page 16	Independent Examiners report

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS
FOR THE YEAR ENDED 31 DECEMBER 2021**

LEGAL AND ADMINISTRATIVE INFORMATION

Report of the Trustees

Introduction

This report covers the activities of Yoga in Daily Life Association – UK in the year 2021.

Legal and Administrative Information

Yoga in Daily Life Association – UK is a company limited by guarantee, no. 4657601, registered as a charity no. 1103366, and governed by its memorandum and articles of association. Details of its objects are given on page 3.

Other working names

Yoga in Daily Life

Board of Trustees:

Vladimir Sehnoutek	President
Roman Sehnal	Vice President
Ian Gray	Treasurer
Sigita Kazdailyte	Second Treasurer
Emma Nolan	Secretary
Corrina Cordon	Second Secretary
Paramhans Swami Maheshwarananda	

Trustee Selection Method

The Trustees are elected by existing Membership of the Charity according to: i) their expressed wish to serve as a Trustee; ii) their personal commitment and support for the objectives of the Charity; iii) the skills and experience they can offer as a Member of the Board; iv) their financial stability; v) their legal eligibility for the position

Charity Details

Registered Office and Yoga Centre: 133 Salusbury Road, London NW6 6RN, UK

Telephone: 020 7328 7163

Email: london@yogaindailylife.org

[Website: www.yogaindailylife.org.uk](http://www.yogaindailylife.org.uk)

Bank:	The Co-operative Bank PO Box 101 1 Balloon Street Manchester M60 4EP
Solicitor:	Morgan, Lewis & Bockius LLP, Condor House 5-10 St Paul's Churchyard London EC4M 8AL
Independent Examiners	Independent Examiners Ltd Unit 2 ,The Broadbridge Business Centre Delling Lane Bosham PO18 8NF

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

The Trustees, who are also company directors for the purposes of the Companies Act, hereby submit their annual report and the financial statements of Yoga in Daily Life Association – UK for the year 2021. The Trustees confirm that the annual report and financial statements of the Charity comply with the current UK statutory requirements, the requirements of the Charity's governing document (the Memorandum and the Articles of Association), and the provisions of the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014

Board of Trustees

The Trustees meet regularly to discuss, and decide by vote, matters relating to the Charity's activities including but not limited to teacher training and co-ordination, publicity, management and maintenance of the premises and organising events. The Trustees' meetings are open to all Members, Members in attendance can raise any matters relating to the Charity's activities.

Staff/Volunteers

All Trustees, teachers and other volunteers continue to work for the Charity without any remuneration. Any fees received by teachers for external sessions are donated in full to the Charity account.

Funds held as custodian trustee on behalf of others

None

Charity Objectives

- i. To advance public education in the classical teachings of the science and philosophy of yoga in the United Kingdom and internationally, based upon the principles of the highest standards of personal conduct and selfless service to others. In this pursuit, the Charity follows the interpretations and teachings of the system Yoga In Daily Life™ as authorised by Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda in line with the yoga principles of Bhagwan Sri Dip Narayan Mahaprabhuji of Rajasthan, India;
- ii. to promote and advance for the public benefit the study and practice of and research into the therapeutic effects of yoga as a means of improving the mental, physical, social and spiritual health of the community, in the United Kingdom and internationally and to publish the useful results of any such research;
- iii. to provide relief for people in poverty, sickness, disability, destitution and other need in the United Kingdom and internationally;
- iv. to promote human rights by raising awareness and cultivating public sentiment in favour of human rights in the United Kingdom and internationally.

The above objectives are achieved via teaching of classes, seminars and other special events, as evidenced by the number of long-standing students attending the centre who can attest to the beneficial impact their practice has had on their mental, physical, social and spiritual health.

The charity is committed to providing yoga to all who wish to practice it, and to this end students who are unable to pay are encouraged to attend classes or workshops for free – in 2021, eight students in financial need have been assisted individually in this way.

Overview of Charitable Activities and Achievements

Activities supporting the objectives of the Charity are predominantly centred at the registered address of the organisation – the Yoga in Daily Life Centre in Queens Park, North West London. Additional activities take place within the UK and abroad by affiliated members of the Charity.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

Classes and Courses

The core of the Charity's activity continues to be providing yoga classes and courses for the General Public in London. 2021 began with the Charity running 12-week Courses for the first two levels of the Yoga in Daily Life's eight-level System. The Courses allow Students to learn and practice a particular level of the Yoga in Daily Life eight-level System, provide them with a grounding and comprehensive knowledge, and enable them to progress in their practice. The development of these courses has been successful with Students progressing through the levels. Students may choose to progress beyond the first two levels by regularly attending more advanced drop-in classes which can take them to Level 7.

The Courses have proven particularly popular with Students who wish to develop their knowledge and skills as yoga practitioners. The 'casual' (drop-in, no booking needed) classes open to the General Public, have been popular with beginners and Students who wish to have an opportunity to 'try-out' yoga practice before committing to an extended period of study or who are not able to commit to the regular format of the Courses.

2021 began with the Charity running an average of 12 drop-in Classes and 2 Courses per week at its Yoga Centre, but as the year went on with the various COVID issues and closures of the centre, we reduced the drop-in classes to an average of eight per week.

2021 began with a total of nine teachers actively teaching Yoga in Daily Life in London as part of the Charity's regular activities. Their backgrounds reflect the international nature of the Charity's Membership for the benefit of the wider public with teachers coming from the UK, Canada, Croatia, Lithuania, Slovakia, Czech Republic and Hungary.

The Yoga Centre was forced to close to in-person classes and courses until May 2021 following UK government restrictions relating to the COVID 19 pandemic.

Until the permitted reopening of in-person classes, we ran drop-in classes via Zoom, the online streaming platform as we had been doing in 2020 during the COVID lockdowns.

Unfortunately we experienced a drastic reduction in the number of students both willing to pay for online yoga classes, and those comfortable to attend in person, so our revenues dropped significantly.

It was a very difficult time for many, physically, mentally and spiritually to be in "lockdown" and it became clear that the online classes and meditation exercises were proving an invaluable tool to help many through the pandemic which was lasting far longer than anyone had anticipated in 2020.

We were very fortunate to have received grants from the UK government which allowed us to continue operating despite the reduction in regular income.

In September 2021, the lease for our premises expired and the landlord confirmed they would not renew the lease because they wanted to renovate the premises and let to a commercial business on a far higher rent than we could afford. Therefore, we moved to a smaller premises as of 1 October 2021 which is close to the old centre, so our regular students were still able to attend. We were also able to continue Satsang every Sunday evening which is an integral part of the spiritual side of the practice for many.

Other events and activities in 2021

As above, Satsangs (community gatherings) were held every Sunday evening at times they were allowed (amongst the COVID 19 restrictions). The programme of these events includes sharing food, singing songs, reading from yogic texts, announcements of the Charity's activities and upcoming events, video lectures, and group meditation.

Statement on Public Benefit

The trustees are aware of and have acted with regard to current guidance issued by the Charity Commission on public benefit.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

Summary of main achievements of the charity

In a world full of conflict, division and environmental challenges, it is our desire and objective to help lessen the suffering of as many living beings as possible. We carry out this objective through the teachings of the aforementioned author of the system Yoga in Daily Life. All our yoga classes and events are carried out with these objectives in mind and if we can help citizens in the UK lead happier, healthier lives with less conflict and division in their own lives, then we've gone some way to furthering the objectives of our international Fellowship.

Therefore our beneficiaries are simply all those who come into contact with the authentic practice of yoga and can weave this practice into their daily lives where it may help with their health, sense of wellbeing, interpersonal relationships at home and at work, and for some to serve as a structure for their own spiritual practice.

Yoga is commonly available to UK citizens through many commercial yoga centres around the country. However the profit motive of most yoga centres has meant that this practice is out of reach financially for many people who would otherwise benefit. The fact that we are a charity run entirely by unpaid volunteers means that we can make this valuable resource available to those who cannot afford to attend yoga classes in most other centres.

Our monthly Standing Order membership allows Students to attend classes more often at very affordable rates. It has also meant that attendance for Classes and Courses is higher in numbers. This system has given the options for Students on low incomes to be able to afford attending more classes and therefore maintain a regular yoga practice. The Charity believes the implementation of this system to be a positive contribution to the community providing affordable classes for all. A smaller number of students take advantage of the discounted "Ten Class Pass", which is used by those whose personal circumstances mean their attendance is more sporadic.

Review of the charity's financial position at the end of the period

The charity made a surplus of £22,786 in 2021, compared to a surplus of £15,886 in 2020. The Trustees are of the opinion that the charity is financially viable and can continue to meet its liabilities, when they fall due.

Charity's principal sources of funds

1. Revenues from running yoga classes, courses and special events
2. Donations from members and the general public

Reserves policy

The charity holds cash reserves for the specific purpose of accumulating funds for use as a deposit for the purchase of our own premises. At the end of 2021, there was £33,717.23 being held in reserve in a separate bank account designated for this purpose.

The trustees have decided that it's preferable to try and own our own premises which will give us more control over the running costs.

Therefore, we now operate a separate bank account where we receive donations from members for this purpose.

It is not known at this time when we will be in a position to purchase a new premises.

Amount of reserves held

Unrestricted free reserves held at the end of 2021 were £35,889.

Going concern

As mentioned in this report, we moved to a smaller premises at a lower cost in late 2021. The tradeoff for the lower-cost premises was that we had to sign a one-year lease and would need to vacate with one-months' notice. The lease will expire on 30 September 2022.

Should we be unable to negotiate a renewal of the lease, then the trustees plan to:

- a. Find another suitable premises where we can continue to run yoga classes and Satsangs
- b. Failing the above, then individual yoga teachers would look to hire space on an hourly rate in the neighbourhoods they live in, to try and continue teaching Yoga in Daily Life to as many as possible whilst we attempt to either rent another premises or indeed succeed in purchasing a premises.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

Statement of Director's responsibilities:

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

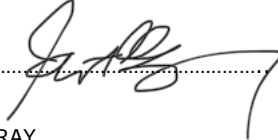
- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

The trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are also responsible for the contents of the trustees' report, and the responsibility of the independent examiner in relation to the trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

I approve the attached statement of financial activities and balance sheet for the year ended 31 December 2021, and confirm that I have made available all information necessary for its preparation.

Signed on behalf of the board:.....

Date 15th August 2022

PRINT NAME: IAN HOWARTH GRAY

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2021**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2021 £	TOTAL 2020 £
INCOME AND ENDOWMENTS FROM:					
Donations and Legacies	2a	27,617	10,735	38,352	33,589
Charitable Activities	2b	21,118	0	21,118	22,355
Other	2c	0	0	0	0
TOTAL		48,735	10,735	59,470	55,944
EXPENDITURE ON:					
Raising Funds	3a	72	0	72	235
Charitable Activities	3b	36,613	0	36,613	39,823
TOTAL		36,684	0	36,684	40,058
NET INCOME/(EXPENDITURE)		12,051	10,735	22,786	15,886
Transfers between funds		0	0	0	0
NET MOVEMENT IN FUNDS		12,051	10,735	22,786	15,886
Reconciliation of funds:					
Total Funds Brought Forward		23,838	22,982	46,820	30,934
TOTAL FUNDS CARRIED FORWARD		35,889	33,717	69,606	46,820

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 10 to 15 form part of these financial statements.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET
AS AT 31 DECEMBER 2021**

Company number: 4657601

	Note	Unrestricted Funds £	Restricted Funds £	31-Dec-21 Total £	31-Dec-20 Total £
Fixed Assets					
Tangible assets	4	0	0	0	0
Current Assets					
Stocks	5	3,372	0	3,372	3,372
Debtors/Prepayments	6	0	0	0	9,000
Cash at bank and in hand	7	33,447	33,717	67,164	41,466
Total Current Assets		36,819	33,717	70,536	53,838
Creditors: amounts falling due within one year	8	930	0	930	7,018
NET CURRENT ASSETS		35,889	33,717	69,606	46,820
TOTAL ASSETS less current liabilities		35,889	33,717	69,606	46,820
NET ASSETS		35,889	33,717	69,606	46,820
Funds of the Charity					
General Funds		35,889	0	35,889	23,838
Restricted Funds	9	0	33,717	33,717	22,982
Total Funds		35,889	33,717	69,606	46,820

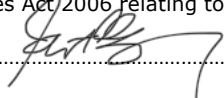
The directors are satisfied that for the year ended on 31 December 2021 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on page 16.

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP (FRS102)).

The directors acknowledge their responsibility for ensuring that the company keeps proper accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and if its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

Signed on their behalf by



Date: 15th August 2022

PRINT NAME: IAN HOWARTH GRAY

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2021**

1. ACCOUNTING POLICIES

Basis of preparation:

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP (FRS102)).

Advantage has been taken of Section 396(5) of The Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP.

The charitable company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

Yoga in Daily Life Association - UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Preparation of accounts on a going concern basis

Preparation of the accounts is on a going concern basis. The Trustees are of the view that the level of reserves will support the charity going forward.

The charity has opted to use the natural classification of categories in its accounts.

Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period

Material prior period errors

No material prior year error have been identified in the reporting period

Some items of expenditure have been reclassified from the previous reporting period to create greater clarity. Overall figures have not been restated.

The particular accounting policies adopted are set out below.

1. ACCOUNTING POLICIES

Income

Recognition of Income

These are included in the Statement of Financial Activities (SoFA) when:

- the charity becomes entitled to the income;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

Government Grants

The charity has received government grants during this financial year in the form of Covid support grants.

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the Directors' annual report

Income from interest, royalties and dividends

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance Costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Legal status of the charity

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Assets

Tangible fixed assets for use by the charity:

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The estimated useful lives/rates applied are as follows:

Computer and electronic equipment	Over 4 years
Furniture and equipment	Over 10 years

2. INCOME AND ENDOWMENTS FROM:

	Unrestricted Funds £	Restricted Funds £	TOTAL 2021 £	TOTAL 2020 £
a) Donations and Legacies				
Donations	2,331	10,735	13,066	5,753
Government Grants	25,286	0	25,286	27,836
	27,617	10,735	38,352	33,589
b) Charitable Activities				
Member's Subscriptions	1,090	0	1,090	1,218
Retreats and Seminars	1,025	0	1,025	2,841
Yoga Classes and Programmes	19,003	0	19,003	18,296
	21,118	0	21,118	22,355

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

2. INCOME AND ENDOWMENTS FROM:		Unrestricted Funds £	Restricted Funds £	TOTAL 2021 £	TOTAL 2020 £
c) Other					
Sundry and Miscellaneous		0	0	0	0
		0	0	0	0
3. EXPENDITURE ON:					
	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2021 £	TOTAL 2020 £
a) Raising Funds					
Advertising and Promotion		72	0	72	235
		72	0	72	235
b) Charitable Activities					
Administration Costs:					
Office Expenses and Administration		111	0	111	347
Printing, Postage, Stationery, Telephone, Internet		475	0	475	471
Refunds and Reimbursements		0	0	0	150
Travel expenses		0	0	0	102
Governance:					
Independent Examiner's Fees		930	0	930	930
Licences and Subscriptions:					
Memberships and Subscriptions		0	0	0	2,755
YIDL Licence Fee		1,945	0	1,945	6,117
Premises Costs:					
Insurance		1,365	0	1,365	1,317
Maintenance and Equipment		173	0	173	359
Rent and Council Tax Rates		27,000	0	27,000	22,691
Utilities		4,614	0	4,614	4,584
		36,613	0	36,613	39,823

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

4. TANGIBLE FIXED ASSETS		Computer & Electronic £	Furniture & Equipment £	TOTAL £
Cost	01-Jan-21	0	3,993	3,993
Additions		0	0	0
Disposals		0	0	0
Cost at	31-Dec-21	<u>0</u>	<u>3,993</u>	<u>3,993</u>
Depreciation	01-Jan-21	0	3,993	3,993
Charge		0	0	0
Depreciation at	31-Dec-21	<u>0</u>	<u>3,993</u>	<u>3,993</u>
Net Book Value	31-Dec-21	<u>0</u>	<u>0</u>	<u>0</u>
Net Book Value	31-Dec-20	<u>0</u>	<u>0</u>	<u>0</u>

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

Premises lease		£
At 31/12/21	Amount payable for year to 31 December 2022	peppercorn rent (only if demanded)

5. STOCK

A stock take was conducted at the end of the previous financial year (31 December 2020), and in accordance with UK accounting standards, the stock was valued at the lower of cost and net realisable value.

Stock valuation

Opening stock at 1 January 2021	£3,372.87
Purchases year to 31 December 2021	£ -
Donated stock for resale 2021	£ -
Closing stock at 31 December 2021	£3,372.87

There was no movement on stock held during this financial year.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

6. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-21 £	Total 31-Dec-20 £
Prepayments	0	0	0	9,000
	0	0	0	9,000

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-21 £	Total 31-Dec-20 £
Clearing Account	1,090	0	1,090	50
Current Account	32,357	0	32,357	18,435
Donation Account	0	33,717	33,717	22,983
Petty Cash	0	0	0	0
	33,447	33,717	67,164	41,468

**8. CREDITORS AND ACCRUALS: AMOUNTS
FALLING DUE WITHIN ONE YEAR**

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-21 £	Total 31-Dec-20 £
Trade Creditors	0	0	0	6,088
Accruals	930	0	930	930
	930	0	930	7,018

9. RESTRICTED FUNDS

	This year					Balance 31-Dec-21 £
	Balance 01-Jan-21 £	Transfers In £	Income £	Expenditure £	Transfers Out £	
New premises fund	22,982		10,735	0	0	33,717
	22,982	0	10,735	0	0	33,717
	Last year					Balance 31-Dec-20 £
	Balance 01-Jan-20 £	Transfers In £	Income £	Expenditure £	Transfers Out £	
New premises fund	21,150		1,832	0	0	22,982
	21,150	0	1,832	0	0	22,982

The New Premises Fund is for people to donate towards saving for new charity premises.

The restricted fund is wholly represented by cash reserves held in the savings bank account.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2021**

10. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND THE COST OF KEY MANAGEMENT PERSONNEL

The charity employed no staff during this or the previous financial year.

11. DIRECTORS AND OTHER RELATED PARTIES

No payments were made to directors or any persons connected with them during this financial period. No material transaction took place between the organisation and a director or any person connected with them.

One Trustee donated a total of £360 to the charity during the year. Trustees also pay their membership fees to the charity.

During the financial year, volunteers were reimbursed for items purchased on behalf of the charity.

12. RISK ASSESSMENT

The directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks. Further detail is provided in the Director's Annual Report.

13. RESERVES POLICY

The directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily. The policy is described in more detail in the directors report.

14. PUBLIC BENEFIT

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the directors report. The directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

15. EVENTS AFTER THE END OF THE REPORTING PERIOD

There are no events that require disclosure.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 December 2021.

As the charity's trustees (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Responsibilities and basis of report

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

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

Signed 

Name **J Irvinesmith FCIE**

Date: **23 September 2022**

Independent Examiners Ltd
Unit 2
The Broadbridge Business Centre
Delling Lane
Bosham
PO18 8NF

YOGA IN DAILY LIFE ASSOCIATION UK

England & Wales - Charity number 1103366

Accounts

YOGA IN DAILY LIFE ASSOCIATION - UK

CHARITY REGISTRATION No: 1103366

COMPANY REGISTRATION No: 4657601

Independent Examiners Ltd
Unit 2
The Broadfields Business Centre
Delling Lane
Bosham
PO18 8NF

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

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Page 16	Independent Examiners report

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS
FOR THE YEAR ENDED 31 DECEMBER 2020**

LEGAL AND ADMINISTRATIVE INFORMATION

Report of the Trustees

Introduction

This report covers the activities of Yoga in Daily Life Association – UK in the year 2020.

Legal and Administrative Information

Yoga in Daily Life Association – UK is a company limited by guarantee, no. 4657601, registered as a charity no. 1103366, and governed by its memorandum and articles of association. Details of its objects are given on page 3.

Other working names

Yoga in Daily Life

Board of Trustees:

Vladimir Sehnoutek	President
Roman Sehnal	Vice President
Ian Howarth Gray	Treasurer
Sigita Kazdailyte	Second Treasurer
Emma Nolan	Secretary
Corrina Cordon	Second Secretary
Paramhans Swami Mahamandaleshwar	

Trustee Selection Method

The Trustees are elected by existing Membership of the Charity according to: i) their expressed wish to serve as a Trustee; ii) their personal commitment and support for the objectives of the Charity; iii) the skills and experience they can offer as a Member of the Board; iv) their financial stability; v) their legal eligibility for the position

Charity Details

Registered Office and Yoga Centre: 133 Salusbury Road, London NW6 6RN, UK

Telephone: 020 7328 7163

Email: london@yogaindailylife.org

Website: www.yogaindailylife.org.uk

Bank:	The Co-operative Bank PO Box 101 1 Balloon Street Manchester M60 4EP
Solicitor:	Morgan, Lewis & Bockius LLP, Condor House 5-10 St Paul's Churchyard London EC4M 8AL
Independent Examiners	Independent Examiners Ltd Unit 2 ,The Broadfields Business Centre Delling Lane Bosham PO18 8NF

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

The Trustees, who are also company directors for the purposes of the Companies Act, hereby submit their annual report and the financial statements of Yoga in Daily Life Association – UK for the year 2020. The Trustees confirm that the annual report and financial statements of the Charity comply with the current UK statutory requirements, the requirements of the Charity's governing document (the Memorandum and the Articles of Association), and the provisions of the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued on 16 July 2014

Board of Trustees

The Trustees meet regularly to discuss, and decide by vote, matters relating to the Charity's activities including but not limited to teacher training and co-ordination, publicity, management and maintenance of the premises and organising events. The Trustees' meetings are open to all Members, Members in attendance can raise any matters relating to the Charity's activities.

Staff/Volunteers

All Trustees, teachers and other volunteers continue to work for the Charity without any remuneration. Any fees received by teachers for external sessions are donated in full to the Charity account.

Funds held as custodian trustee on behalf of others

None

Charity Objectives

- i. To advance public education in the classical teachings of the science and philosophy of yoga in the United Kingdom and internationally, based upon the principles of the highest standards of personal conduct and selfless service to others. In this pursuit, the Charity follows the interpretations and teachings of the system Yoga In Daily Life™ as authorised by Vishwaguru Mahamandaleshwar Paramhans Swami Maheshwarananda in line with the yoga principles of Bhagwan Sri Dip Narayan Mahaprabhuji of Rajasthan, India;
- ii. to promote and advance for the public benefit the study and practice of and research into the therapeutic effects of yoga as a means of improving the mental, physical, social and spiritual health of the community, in the United Kingdom and internationally and to publish the useful results of any such research;
- iii. to provide relief for people in poverty, sickness, disability, destitution and other need in the United Kingdom and internationally;
- iv. to promote human rights by raising awareness and cultivating public sentiment in favour of human rights in the United Kingdom and internationally.

The above objectives are achieved via teaching of classes, seminars and other special events, as evidenced by the number of long-standing students attending the centre who can attest to the beneficial impact their practice has had on their mental, physical, social and spiritual health.

The charity is committed to providing yoga to all who wish to practice it, and to this end students who are unable to pay are encouraged to attend classes or workshops for free – in 2020, ten students in financial need have been assisted individually in this way.

Overview of Charitable Activities and Achievements

Activities supporting the objectives of the Charity are predominantly centred at the registered address of the organisation – the Yoga in Daily Life Centre in Queens Park, North West London. Additional activities take place within the UK and abroad by affiliated members of the Charity.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

Classes and Courses

The core of the Charity's activity continues to be providing yoga classes and courses for the General Public in London. 2020 began with the Charity running 12-week Courses for the first two levels of the Yoga in Daily Life's eight-level System. The Courses allow Students to learn and practice a particular level of the Yoga in Daily Life eight-level System, provide them with a grounding and comprehensive knowledge, and enable them to progress in their practice. The development of these courses has been successful with Students progressing through the levels. Students may choose to progress beyond the first two levels by regularly attending more advanced drop-in classes which can take them to Level 7.

The Courses have proven particularly popular with Students who wish to develop their knowledge and skills as yoga practitioners. The 'casual' (drop-in, no booking needed) classes open to the General Public, have been popular with beginners and Students who wish to have an opportunity to 'try-out' yoga practice before committing to an extended period of study or who are not able to commit to the regular format of the Courses.

2020 began with the Charity ran an average of 12 drop-in Classes and 2 Courses per week at its Yoga Centre.

2020 began with a total of 13 teachers actively teaching Yoga in Daily Life in London as part of the Charity's regular activities. Their backgrounds reflect the international nature of the Charity's Membership for the benefit of the wider public with teachers coming from the UK, Canada, Croatia, Lithuania, Slovakia, Czech Republic and Hungary.

The Yoga Centre was forced to close to in-person classes and courses in March 2020 following UK government restrictions relating to the COVID 19 pandemic.

The Charity immediately began running daily drop-in classes via Zoom, the online streaming platform.

It was decided that the Charity would not charge a fee for these classes and indeed the online classes were advertised in the Queens Park community and globally, via the website and social media. Many people lost their normal jobs or were placed on "furlough" by their employers, and incomes were reduced. The Charity decided to offer the online classes without making a charge in order to try its best to fulfil the charitable Objectives in this challenging time. Those who were paying by standing order were encouraged not to cancel their payments, but unfortunately the Charity saw its standing order membership reduce by 50%.

The online classes proved very popular amongst the existing student population and in fact the Charity gained new students who found the classes online.

It was a very difficult time for many, physically, mentally and spiritually to be in "lockdown" and it became clear that the online classes and meditation exercises were proving an invaluable tool to help many through the beginning of the pandemic.

The Yoga centre reopened its doors in May 2020, running both in-person and online classes for those who didn't feel comfortable attending in person.

In November 2020, another lockdown was imposed which forced the closure of the Centre once more, so online classes only were offered for the rest of 2020.

Other events and activities in 2020

Satsangs (community gatherings) were held every Sunday evening at times they were allowed (amongst the COVID 19 restrictions). The programme of these events includes sharing food, singing songs, reading from yogic texts, announcements of the Charity's activities and upcoming events, video lectures, and group meditation.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

2020 Special Events

11 February 2020 – AGNI – Awakening the Fire Within - workshop led by Mahamandaleshwar Vivekpuri - This Workshop was designed to help students discover Hatha Yoga techniques to boost immunity, and deal with depression. The Charity funded Swami Vivekpuri's travel from his home in Croatia and provided accommodation.

21 June 2020 – International Day of Yoga – this day we offered all of our regular classes for free to help promote the practice of yoga. We also hosted "108 Khatu Pranams in the Park" – a public demonstration and participative event where we practiced a sequence of conscious movements created by the author of our system and practiced in all of our classes.

Summary of main achievements of the charity

In a world full of conflict, division and environmental challenges, it is our desire and objective to help lessen the suffering of as many living beings as possible. We carry out this objective through the teachings of the aforementioned author of the system Yoga in Daily Life. All our yoga classes and events are carried out with these objectives in mind and if we can help citizens in the UK lead happier, healthier lives with less conflict and division in their own lives, then we've gone some way to furthering the objectives of our international Fellowship.

Therefore our beneficiaries are simply all those who come into contact with the authentic practice of yoga and can weave this practice into their daily lives where it may help with their health, sense of wellbeing, interpersonal relationships at home and at work, and for some to serve as a structure for their own spiritual practice.

Yoga is commonly available to UK citizens through many commercial yoga centres around the country. However, the profit motive of most yoga centres has meant that this practice is out of reach financially for many people who would otherwise benefit. The fact that we are a charity run entirely by unpaid volunteers means that we can make this valuable resource available to those who cannot afford to attend yoga classes in most other centres.

Our monthly Standing Order membership allows Students to attend classes more often at very affordable rates. It has also meant that attendance for Classes and Courses is higher in numbers. This system has given the options for Students on low incomes to be able to afford attending more classes and therefore maintain a regular yoga practice. The Charity believes the implementation of this system to be a positive contribution to the community providing affordable classes for all. A smaller number of students take advantage of the discounted "Ten Class Pass", which is used by those whose personal circumstances mean their attendance is more sporadic.

Statement on public benefit

The trustees are aware of and have acted with regard to current guidance issued by the Charity Commission on public benefit.

Summary of main achievements of the charity

In a world full of conflict, division and environmental challenges, it is our desire and objective to help lessen the suffering of as many living beings as possible. We carry out this objective through the teachings of the aforementioned author of the system Yoga in Daily Life. All our yoga classes and events are carried out with these objectives in mind and if we can help citizens in the UK lead happier, healthier lives with less conflict and division in their own lives, then we've gone some way to furthering the objectives of our international Fellowship.

Review of the charity's financial position at the end of the period

The charity made a surplus of £15,886 in 20, compared to £3,442 in 2019. The Trustees are of the opinion that the charity is financially viable and can continue to meet its liabilities, when they fall due.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**REPORT OF THE DIRECTORS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

Charity's principal sources of funds

1. Revenues from running yoga classes, courses and special events
2. Donations from members and the general public

Reserves policy

The charity holds cash reserves for the specific purpose of accumulating funds for use as a deposit for the purchase of our own premises. At the end of 2020, there was £22,982 being held in reserve in a separate bank account designated for this purpose.

As mentioned above, we rent our premises and the rent has increased significantly to a point where our finances are stretched to the limit. Of course this causes a concern that unless we can pay the rent, we cannot reach as many people in order to carry out the charity's objectives.

The trustees have decided that it's preferable to try and own our own premises which will give us more control over the running costs.

We've continued to operate a separate bank account where we receive donations from members for this purpose.

It is not known at this time when we will be in a position to purchase a new premises.

Going concern

In the event that we cannot raise adequate funds to pay the rent in the current premises, we have identified several contingencies:

1. Attempt to purchase a premises, which will be dependent on fundraising as well as potential mortgage financing which is being explored.
2. Source a smaller premises in the same neighbourhood or nearby which would require less in the form of rent and running costs
3. Failing 1 and 2 above, members would look to teach yoga classes, hiring space by the hour as we did before moving into the current premises many years ago. Special events would be run using hired space in a similar way to how it's done today. This would allow the charity to continue meeting the stated objectives, albeit on a lower scale, until a more permanent solution is found.

Statement of Director's responsibilities:

The Charities Act and the Companies Act require the Board of Trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity at the end of the financial year and of the surplus or deficit of the charity. In preparing those financial statements the Board is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.
- state whether applicable accounting standards and statements of recommended practice have been followed, subject to any material departures disclosed and explained in the financial statements;

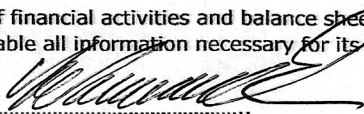
The trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply with the Companies Act 2006 and comply with regulations made under the Charities Act. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are also responsible for the contents of the trustees' report, and the responsibility of the independent examiner in relation to the trustees' report is limited to examining the report and ensuring that, on the face of the report, there are no inconsistencies with the figures disclosed in the financial statements.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

I approve the attached statement of financial activities and balance sheet for the year ended 31 December 2020, and confirm that I have made available all information necessary for its preparation.

Signed on behalf of the board by.....



Date

16/12/21

PRINT NAME

Sehnoutek

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2020**

	Notes	Unrestricted Funds £	Restricted Funds £	TOTAL 2020 £	TOTAL 2019 £
INCOME AND ENDOWMENTS FROM:					
Donations and Legacies	2a	3,920	1,832	5,752	7,820
Charitable Activities	2b	22,355	0	22,355	49,228
Other	2c	27836	0	27,836	0
TOTAL		54,112	1,832	55,944	57,048
EXPENDITURE ON:					
Raising Funds	3a	2,521	0	2,521	5,704
Charitable Activities	3b	37,537	0	37,537	47,902
TOTAL		40,058	0	40,058	53,606
NET INCOME/(EXPENDITURE)		14,053	1,832	15,886	3,442
Transfers between funds				0	0
NET MOVEMENT IN FUNDS		14,053	1,832	15,886	3,442
Reconciliation of funds:					
Total Funds Brought Forward		9,784	21,150	30,934	27,492
TOTAL FUNDS CARRIED FORWARD		23,837	22,982	46,820	30,934

Movements on all reserves and all recognised gains and losses are shown above. All of the organisation's operations are classed as continuing.

The notes on pages 10 to 15 form part of these financial statements.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**BALANCE SHEET
AS AT 31 DECEMBER 2020**

Company number: 4657601

	Note	Unrestricted Funds £	Restricted Funds £	31-Dec-20 Total £	31-Dec-19 Total £
Fixed Assets					
Tangible assets	4	0	0	0	0
Current Assets					
Stocks	5	3,372	0	3,372	3,372
Debtors/Prepayments	6	9,000	0	9,000	8,563
Cash at bank and in hand	7	18,484	22,982	41,466	34,245
Total Current Assets		30,856	22,982	53,838	46,180
Creditors: amounts falling due within one year	8	7,018	0	7,018	15,246
NET CURRENT ASSETS		23,838	22,982	46,820	30,934
TOTAL ASSETS less current liabilities		23,838	22,982	46,820	30,934
NET ASSETS		23,838	22,982	46,820	30,934
Funds of the Charity					
General Funds		23,837	0	23,837	30,934
Restricted Funds	9	0	22,982	22,982	0
Total Funds		23,837	22,982	46,820	30,934

The directors are satisfied that for the year ended on 31 December 2020 the charitable company was entitled to exemption from the requirement to obtain an audit under section 477 of the Companies Act 2006 and that no member or members have required the company to obtain an audit of its accounts for the year in question in accordance with section 476 of the Act. However, in accordance with section 145 of the Charities Act 2011, the accounts have been examined by an Independent Examiner whose report appears on page 16.

The directors acknowledge their responsibility for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of accounts.

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP (FRS102)).

The directors acknowledge their responsibility for ensuring that the company keeps proper accounting records which comply with section 386 of the Act and for preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of the financial year and if its profit and loss for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

Signed on their behalf by

Date:

16/12/21

PRINT NAME:

Sehnoutek

YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

Basis of preparation:

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime and in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) - (Charities SORP (FRS102)).

Advantage has been taken of Section 396(5) of The Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP.

The charitable company has taken advantage of the exemption in Financial Reporting Standard No 1 from the requirement to produce a cash flow statement.

Yoga in Daily Life Association - UK meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost unless otherwise stated in the relevant accounting policy notes.

Preparation of accounts on a going concern basis

Preparation of the accounts is on a going concern basis. The Trustees are of the view that the level of reserves will support the charity going forward.

The charity has opted to use the natural classification of categories in its accounts.

Changes to accounting estimates

No changes to accounting estimates have occurred in the reporting period

Material prior period errors

No material prior year error have been identified in the reporting period

The particular accounting policies adopted are set out below.

1. ACCOUNTING POLICIES

Income

Recognition of Income

These are included in the Statement of Financial Activities (SOFA) when:

- the charity becomes entitled to the income;
- it is more likely than not that the trustees will receive the resources; and
- the monetary value can be measured with sufficient reliability.

Offsetting

There has been no offsetting of assets and liabilities, or income and expenses, unless required or permitted by the FRS 102 SORP or FRS 102.

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

Grants and Donations

Grants and donations are only included in the SoFA when the general income recognition criteria are met (5.10 to 5.12 FRS 102 SORP).

Volunteer Help

The value of any voluntary help received is not included in the accounts but is described in the Directors' annual report

Income from interest, royalties and dividends

This is included in the accounts when receipt is probable and the amount receivable can be measured reliably.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2020**

Income from membership subscriptions

Membership subscriptions received in the nature of a gift are recognised in Donations and Legacies.

Membership subscriptions which gives a member the right to buy services or other benefits are recognised as income earned from the provision of goods and services as income from charitable activities.

Expenditure and liabilities

Liability recognition

Liabilities are recognised where it is more likely than not that there is a legal or constructive obligation committing the charity to pay out resources and the amount of the obligation can be measured with reasonable certainty.

Governance Costs

Support costs have been allocated between governance costs and other support. Governance costs comprise all costs involving public accountability of the charity and its compliance with regulation and good practice.

Legal status of the charity

The charity is a company limited by guarantee and has no share capital. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £1 per member of the charity.

Stocks and work in progress

Stocks held for sale as part of non-charitable trade are measured at the lower or cost or net realisable value.

Assets

Tangible fixed assets for use by the charity:

These are capitalised if they can be used for more than one year, and cost at least £500. They are valued at cost or, if gifted, at the value to the charity on receipt.

Depreciation is calculated at a rate to write off the cost of tangible fixed assets over their estimated useful lives. The estimated useful lives/rates applied are as follows:

Computer and electronic equipment	Over 4 years
Furniture and Equipment	Over 10 years

2. INCOME AND ENDOWMENTS FROM:

	Unrestricted Funds £	Restricted Funds £	TOTAL 2020 £	TOTAL 2019 £
a) Donations and Legacies				
Donations	3,920	1,832	5,752	7,820
	3,920	1,832	5,752	7,820
b) Charitable Activities				
Member's Subscriptions	1,218		1,218	1,415
Retreats and Seminars	0		0	3,561
Sales of Books, Videos, CD's and Photos	2,841		2,841	0
Yoga Classes and Programmes	18,296		18,296	44,252
	22,355	0	22,355	49,228

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

2. INCOME AND ENDOWMENTS FROM:	Unrestricted Funds £	Restricted Funds £	TOTAL 2020 £	TOTAL 2019 £
c) Other				
Government Grants	27,836		27,836	0
Sundry and Miscellaneous	0		0	0
	27,836	0	27,836	0

3. EXPENDITURE ON:

	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2020 £	TOTAL 2019 £
a) Raising Funds					
Advertising and Promotion		2,521		2,521	207
Retreats and Seminars				0	5,497
		2,521	0	2,521	5,704

b) Charitable Activities

Administration Costs:

Office Expenses and Administration	967		967	0
Printing, Postage, Stationery, Telephone, Internet	471		471	565
Travel expenses	102		102	0

Governance:

Independent Examiner's Fees	930		930	695
Legal and Professional Fees	0		0	163

Licences and Subscriptions:

YIDL Licence Fee	6,117		6,117	5,705
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Premises Costs:

Insurance	1,317		1,317	1,407
Maintenance and Equipment	359		359	303
Rent and Council Tax Rates	22,691		22,691	34,292
Venue Hire	0		0	0
Utilities	4,584		4,584	4,772

	37,537	0	37,537	47,902
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**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

4. TANGIBLE FIXED ASSETS		Computer & Electronic £	Furniture & Equipment £	TOTAL £
Cost	01-Jan-20	0	3,993	3,993
Additions		0	0	0
Disposals		0	0	0
Cost at	31-Dec-20	<u>0</u>	<u>3,993</u>	<u>3,993</u>
Depreciation	01-Jan-20	0	3,993	3,993
Charge		0	0	0
Depreciation at	31-Dec-20	<u>0</u>	<u>3,993</u>	<u>3,993</u>
Net Book Value	31-Dec-20	<u>0</u>	<u>0</u>	<u>0</u>
Net Book Value	31-Dec-19	<u>0</u>	<u>0</u>	<u>0</u>

The annual commitments under non-cancelling operating leases and capital commitments are as follows:

Premises lease		£
At 31/12/20	Amount payable for year to 31 December 2021	38400

5. STOCK

Following the stock take at 31 December 2020, and in accordance with UK accounting standards, the stock was valued at the lower of cost and net realisable value.

Stock valuation

Opening stock at 1 January 2020	£ 3,372.87
Purchases year to 31 December 2020	£ -
Donated stock for resale 2020	£ -
Closing stock at 31 December 2020	£3,372.87

There was no movement on stock held during this financial year.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

6. DEBTORS AND PREPAYMENTS

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-20 £	Total 31-Dec-19 £
Prepayments	9,000		9,000	8,408
Debtors	0	0	0	155
	9,000	0	9,000	8,563

7. CASH AT BANK AND IN HAND

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-20 £	Total 31-Dec-19 £
Clearing Account	50	0	50	50
Current Account	18,435	0	18,435	13,045
Donation Account	0	22,982	22,982	21,150
Petty Cash	0	0	0	0
	18,485	22,982	41,467	34,245

8. CREDITORS AND ACCRUALS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	Unrestricted Fund £	Restricted Fund £	Total 31-Dec-20 £	Total 31-Dec-19 £
Trade Creditors	6,088		6,088	15,246
Accruals	930	0	930	0
	7,018	0	7,018	0

9. RESTRICTED FUNDS

	Balance 01-Jan-20 £	Transfers In £	Income £	Expenditure £	Transfers Out £	Balance 31-Dec-20 £
New premises fund	21,150		1,832	0	0	22,982
	21,150	0	1,832	0	0	22,982

The New Premises Fund is for people to donate towards saving for new charity premises.
The restricted fund is wholly represented by cash reserves held in the savings bank account.

10. ANALYSIS OF STAFF COSTS, TRUSTEE REMUNERATION AND EXPENSES AND THE COST OF KEY MANAGEMENT PERSONNEL

The charity employed no staff during this or the previous financial year.

**YOGA IN DAILY LIFE ASSOCIATION - UK
(A COMPANY LIMITED BY GUARANTEE)**

**NOTES TO THE FINANCIAL STATEMENTS (continued)
FOR THE YEAR ENDED 31 DECEMBER 2020**

11. DIRECTORS AND OTHER RELATED PARTIES

No payments were made to directors or any persons connected with them during this financial period. No material transaction took place between the organisation and a director or any person connected with them.

No donations were received from Trustees.

12. RISK ASSESSMENT

The directors actively review the major risks which the charity faces on a regular basis and believe that maintaining the free reserves stated, combined with the annual review of the controls over key financial systems carried out on an annual basis will provide sufficient resources in the event of adverse conditions. The directors have also examined other operational and business risks which they face and confirm that they have established systems to mitigate the significant risks. Further detail is provided in the Director's Annual Report.

13. RESERVES POLICY

The directors have considered the level of reserves they wish to retain, appropriate to the charity's needs. This is based on the charity's size and the level of financial commitments held. The directors aim to ensure the charity will be able to continue to fulfil its charitable objectives even if there is a temporary shortfall in income or unexpected expenditure. The directors will endeavour not to set aside funds unnecessarily. The policy is described in more detail in the directors report.

14. PUBLIC BENEFIT

The charity acknowledges its requirement to demonstrate clearly that it must have charitable purposes or 'aims' that are for the public benefit. Details of how the charity has achieved this are provided in the directors report. The directors confirm that they have paid due regard to the Charity Commission guidance on public benefit before deciding what activities the charity should undertake.

15. EVENTS AFTER THE END OF THE REPORTING PERIOD

There are no events that require disclosure.

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the trustees on my examination of the accounts of the above charity for the year ended 31 December 2020.

As the charity's trustees (who are also the directors of the company for the purposes of company law), you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ("the Act").

Responsibilities and basis of report

I report in respect of my examination of the Charity's accounts carried out under section 145 of the 2011 Act and in carrying out my examination, I have followed all 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 in connection with the examination which gives me cause to believe that in, any material respect:

- the accounting records were not kept in accordance with section 130 of the Charities Act; or
- the accounts did not accord with the accounting records; or
- the accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.
- I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Signed

Name Kim Gomes MAAT

Date:

Independent Examiners Ltd
Unit 2
The Broadfields Business Centre
Delling Lane
Bosham
PO18 8NF