

**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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**YOGA IN DAILY LIFE ASSOCIATION - UK  
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**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  
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**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  
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**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  
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**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  
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**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;

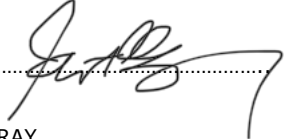
The trustees are also responsible for maintaining adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which are sufficient to show and explain the charity's transactions and enable them to ensure that the financial statements comply 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**  
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**STATEMENT OF FINANCIAL ACTIVITIES**  
**FOR THE YEAR ENDED 31 DECEMBER 2021**

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

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**  
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**BALANCE SHEET**  
**AS AT 31 DECEMBER 2021**

Company number: 4657601

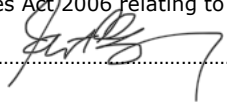
	Note	Unrestricted Funds £	Restricted Funds £	31-Dec-21 Total £	31-Dec-20 Total £
<b>Fixed Assets</b>					
Tangible assets	4	0	0	0	0
<b>Current Assets</b>					
Stocks	5	3,372	0	3,372	3,372
Debtors/Prepayments	6	0	0	0	9,000
Cash at bank and in hand	7	33,447	33,717	67,164	41,466
<b>Total Current Assets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

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**  
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**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 £
<b>a) Donations and Legacies</b>				
Donations	2,331	10,735	13,066	5,753
Government Grants	25,286	0	25,286	27,836
	<b>27,617</b>	<b>10,735</b>	<b>38,352</b>	<b>33,589</b>

**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
	<b>21,118</b>	<b>0</b>	<b>21,118</b>	<b>22,355</b>

**YOGA IN DAILY LIFE ASSOCIATION - UK  
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**NOTES TO THE FINANCIAL STATEMENTS (continued)  
FOR THE YEAR ENDED 31 DECEMBER 2021**

<b>2. INCOME AND ENDOWMENTS FROM:</b>		Unrestricted Funds £	Restricted Funds £	TOTAL 2021 £	TOTAL 2020 £
<b>c) Other</b>					
Sundry and Miscellaneous		0	0	0	0
		<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>
<b>3. EXPENDITURE ON:</b>					
	Note	Unrestricted Funds £	Restricted Funds £	TOTAL 2021 £	TOTAL 2020 £
<b>a) Raising Funds</b>					
Advertising and Promotion		72	0	72	235
		<b>72</b>	<b>0</b>	<b>72</b>	<b>235</b>
<b>b) Charitable Activities</b>					
<b>Administration Costs:</b>					
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
<b>Governance:</b>					
Independent Examiner's Fees		930	0	930	930
<b>Licences and Subscriptions:</b>					
Memberships and Subscriptions		0	0	0	2,755
YIDL Licence Fee		1,945	0	1,945	6,117
<b>Premises Costs:</b>					
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
		<b>36,613</b>	<b>0</b>	<b>36,613</b>	<b>39,823</b>

**YOGA IN DAILY LIFE ASSOCIATION - UK**  
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**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  
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**NOTES TO THE FINANCIAL STATEMENTS (continued)  
FOR THE YEAR ENDED 31 DECEMBER 2021**

**6. DEBTORS AND PREPAYMENTS**

	Unrestricted Fund £	Restricted Fund £	<b>Total 31-Dec-21 £</b>	<b>Total 31-Dec-20 £</b>
Prepayments	0	0	0	9,000
	<b>0</b>	<b>0</b>	<b>0</b>	<b>9,000</b>

**7. CASH AT BANK AND IN HAND**

	Unrestricted Fund £	Restricted Fund £	<b>Total 31-Dec-21 £</b>	<b>Total 31-Dec-20 £</b>
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
	<b>33,447</b>	<b>33,717</b>	<b>67,164</b>	<b>41,468</b>

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

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

**9. RESTRICTED FUNDS**

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

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 Irvin Smith FCIE

Date: 23 September 2022

Independent Examiners Ltd  
Unit 2  
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