

The Company Registration Number is:- 07259502

The Charity Registration Number is:- 1152417

## ISHA FOUNDATION

(A company limited by guarantee)

### DIRECTORS' AND TRUSTEES' GROUP ANNUAL REPORT AND FINANCIAL STATEMENTS

31 May 2025

# **ISHA FOUNDATION**

## **Report and accounts for the year ended 31 May 2025**

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# ISHA FOUNDATION

## Reference and administrative details

Company registration number	07259502
Charity registration number	1152417
Registered Office	918 Yeovil Road Slough Berkshire SL1 4NH
Website	<a href="http://www.isha.sadhguru.org">www.isha.sadhguru.org</a>
Trustees	Rahul Prakash Vinod Rao Moumita Sen Sarma Nathalie Thome Elie Zabbal Kaoruko Yamazaki - appointed on 10 November 2025
Banker	Barclays Bank 1 Churchill Place London E14 5HP
Senior Statutory Auditor	Jeffrey Bor
Auditor	SCB (Accountants) Limited 31 Sackville street Manchester M1 3LZ

# ISHA FOUNDATION

## Directors' and Trustees' Group Annual Report for the year ended 31 May 2025

The Trustees, who are also the directors of the company, present their report and the financial statements for the year ended 31 May 2025.

### Reference and Administrative Information

Isha Foundation was formed in 2010 and is a company limited by guarantee (registration number 7259502). It is also a registered charity (charity number 1152417) and commenced its operations on 1 September 2014.

### Directors and Trustees

*The trustees who served during the year are as stated below:*

Mr Rahul Prakash

Mr Vinod Rao

Mr Elie Khoury Zabbal

Mrs Nathalie Thome

Ms Moumita Sen Sarma

And

Dr Kaoruko Yamazaki was appointed on 10 November 2025 to the Board.

Trustees are briefed on their duties, responsibilities and obligations by reference to the guidelines published by the Charity Commission. Trustees are governed by the Charity's Articles of Association, and are appointed by the member based on their demonstrated knowledge of Isha, its goals, and its activities.

### Objectives and Activities

While the Charity traditionally focussed on raising human consciousness, and enhancing human well-being through the practice of yoga and meditation, as reported previously, its objects were expanded through fresh Articles to include any purpose that is considered charitable under the laws of England and Wales.

### Achievements and Performance

In addition to its traditional charitable objects, during 2024/2025, the Charity continued to promote ecological projects, education, health, and the sale of primarily yoga and wellness merchandise within Europe. The Charity's media and engagement teams did a stellar job which signalled a surge in channel and media coverage for our activities.

All of these activities, in summary are detailed below.

#### **Wellness, Yoga, Meditation**

We had a very busy year which was reflected in the active participation of our meditators with Isha as well as the thousands of new entrants to Isha Yoga and Meditation programmes.

We conducted in person monthly 'Satsangs' or gatherings, for meditators across many different cities throughout Europe – in Athens, Barcelona, Berlin, Brussels, Bucharest, Budapest, Cluj, Copenhagen, Dublin, Düsseldorf, Frankfurt, Gothenburg, Hamburg, Helsinki, Köln, Köln/Düsseldorf, Ljubljana, Madrid, Milan, Munich, Oslo, Paris, Porto, Prague, Rome, Sofia, Stockholm, Stuttgart, The Hague, Toulouse, Utrecht, Vienna, Vilnius, Warsaw, Zagreb (and cities outside the EEA being Belgrade, Birmingham, Bristol, Edinburgh, Geneva, Glasgow, Haifa, Harrow, London, Manchester, Milton Keynes, Reading, Skopje, Tel Aviv, and Zürich) – over 7200 meditators attended our in-person Satsangs during the year, where they brushed up their practices in guided sessions by Sadhguru, our Founder, and trained Isha volunteers.

The Satsang was available online as well in English, German, French and Italian languages which an additional 10500 meditators attended.

We also offered the opportunity for new meditators to experience yoga and meditation through free webinars and over 32,000 participants signed up for these webinars, over 3,000 attended. We also offered in-person free sessions which over 7100 people attended.

Trained Hatha Yoga teachers conducted 117 in person programmes for: Surya Kriya, Yogasanas, Angamardana and Bhuta Shuddhi – all of which comprise our Hatha Yoga offering. Almost 2000 participants completed these programmes.

## Directors' and Trustees' Group Annual Report for the year ended 31 May 2025

Inner Engineering – a programme that is based on ancient yogic sciences that help individuals to take charge of their body, mind, emotions and energies, and live a joyful, fulfilling life, was conducted both online and in-person.

- o 11 in-person programmes were conducted during the course of the year and 295 participants completed these programs; and
- o 12,800 participants registered for the new format of the online Inner Engineering program (In 7 Steps Transform Your Life with Sadhguru - Inner Engineering) out of which 5800 participants completed the program in the Europe organized online sessions, and additional 1400 completed it in the sessions that the other regions organized.

These are record numbers for Inner Engineering participation and it is clear that the new online version with more frequent initiation sessions has facilitated greater uptake of this programme.

This year we also organised 9 advanced programs in Germany, Netherlands and in the UK which were attended by 747 people.

There were several other in-person live-streamed events, such as Mahashivratri which were organized in 33 locations, with 1800 participants registered and 1000+ attended.

Across 9 countries we offered 90 sessions to those influencers with a significant following and these were fully subscribed to.

Last year, in March 2025, Sadhguru, our Founder, launched Miracle of Mind – an app free to download, which enabled novices a segue to meditation through a simple 7-minute process. This app is in the nature of a free, potential self-help solution for those who feel they could do with a few minutes of everyday quiet for their inner well-being. More than 200,000 people across Europe downloaded the app and signed in for more than 40 million minutes of meditation, which on average represents 29 sessions per person signing up.

For World Mental Health Day, a collaboration with the UK Ministry of Defence offered yoga and meditation for 50 participants, including veterans and NHS staff.

Finally, on the International Day of Yoga, during June 2024, the Charity conducted 23 International Day of Yoga sessions across 15 cities in 11 countries, including UNESCO (Paris), UN HQ (Geneva), and NHS sessions in the UK.

In summary, well over 300,000 people engaged with Isha across Europe for our yoga, meditation, and wellness sessions, and over 37,000 attended our online and in-person sessions.

### Save Soil

The Save Soil movement had a busy year during 2024/2025:

- o At UNFCCC COP29 and UNCCD COP16, Save Soil signed MoUs with the Uzbekistan Ministry of Environment, and the Kazakhstan Ministry of Agriculture. The movement also co-authored civil society policy drafts with partners such as 4p1000, SEKEM, and INRAE. Over 85 NGOs endorsed the UNFCCC draft, of which 20% were from the EU;
- o Save Soil also became a partner of the Riyadh Action Agenda, supporting land restoration goals for 1.5 billion hectares by 2030;
- o The Save Soil team delivered presentations at Soil Hub Italy, World Living Soils Forum (France), Uzbekistan Embassy (London), and Portugal's National Agricultural Research Institute;
- o Building on earlier success, in the EU, Save Soil facilitated a final citizen pledge campaign in support of the Soil Monitoring & Resilience Directive ahead of its final adoption. The movement gathered approximately 18000 signatures to MEPs, contributing to the strong parliamentary vote (341 in favour) and reinforcing the public mandate for soil protection across Europe;
- o Two expert webinars were held with the Sadhguru Centre for a Conscious Planet — Eco-Anxiety, and Soil: Our Very Body — with a total of 4,000 registrations and 1,300 attendees. The former featured influencers Zinnia Kumar and Benedikt Bösel.
- o The "Soil: The World at Our Feet" exhibition at Somerset House showcased Cauvery Calling, and Floracult 2025 (Italy) included a talk and meditation led by Save Soil for 150 attendees;
- o On World Environment Day (June 2024), Save Soil collaborated with like-minded bodies and generated 47 collaborative social media posts which reached 1.75 million people. 85,700 of these engaged with save Soil;
- o Awareness campaigns around key environment days featured experts such as Tim Mead (Yeo Valley), Paul Luu (4p1000), Martin Frick (WFP), and Ellen Fay (Sustainable Soils Alliance);
- o For World Soil Day, a global handprint campaign gathered 11,000 handprints, later presented at COP29 (Baku);
- o For Earth Day (April 2025), the Your Next Meal: Powered by Save Soil engaged multiple organisations and youth volunteers;
- o Earth Buddies, our Save Soil volunteers, engaged at a local level to promote the Save Soil movement and to provide a flavour a few such activities:
  - At Glastonbury Festival, six volunteers hosted a stall, and a number of media persons were amongst the 2,300–2,500 people who visited the stall;
  - The Save Soil French team sponsored Save Soil School events - 1 event in a high school during a "green week" in France in March 2025. Conducted 4 times
  - Over 50 Save Soil UK and Europe volunteers supported 19 years old cyclist - Sahil, who cycled 3500 kms, across 7 countries in Europe from India. The volunteers provided logistical support in the region, organised events, school visits, meetings with city mayors, farm visits and awareness drives;
  - Across EU, the documentary - Kiss the Ground (before it got released on Amazon prime) was streamed in partnership with the filmmakers inviting all earth buddies to raise awareness.

# ISHA FOUNDATION

## Directors' and Trustees' Group Annual Report for the year ended 31 May 2025

### ***Isha Life***

In 2024/25 The UK and EU economies experienced a period of modest growth (1.4%) amid global uncertainty and increasing costs. The retail sectors in the UK and EU experienced a "cautious recovery" characterised by modest growth in sales volumes after years of decline, though overall performance remained below pre-pandemic levels. Retailers continued to battle high operating costs and shifting consumer habits.

For the period under review, Isha Life continued to operate two online stores – one in the UK, and the second through its Agent – Indian Import Services, in the Netherlands.

It also proved to be a difficult year for Isha Life but in addition to the overall climate, we increasingly grappled with meeting complex import regulations for the UK and the EU. As reported previously and based on our strategic plan we wished to expand our portfolio. To this end, we worked closely with our Suppliers in India as well as regulators to meet these import requirements. However, despite continued engagement with India suppliers, we were unable to source several products from India. This limited our portfolio as well as our portfolio expansion plans. Isha Life Directors decided to try and source some products locally within Europe. Since our quality standards are high, this is taking time.

Specifically, we seek to expand our product portfolio with new foods/supplements and a completely new range of natural and organic personal care and cosmetics.

During the year under review, Isha Life repaid a loan of £60,000 to the Charity, and it donated £118,905 to the Charity.

### ***Donation***

The Trustees initiated and streamlined donor activities for the year under review and this has yielded positive results in a year when several people were faced with a cost of living crisis. During the year under review, total donations and gifts from individuals amounted to £1,241,453, a circa 13% increase over the previous year, driven primarily by the increase in donations of restricted funds which @ £314,830 represents an over 100% increase over the previous year (£147,908). Unrestricted funds, on the other hand, were largely flat over the previous year @ £926, 623 (previous year £951,000).

Restricted funds were received for several causes: Isha Vidya (education), Cauvery Calling (ecology), Action for Rural rejuvenation Mobile Health Clinic (health), Sacred Walks (spiritual well-being), Annadanam (an offering of food), and the construction of a Yoga Centre in Bangalore, India.

Unrestricted donations, though marginally lower than the previous year, remained robust at £926,623.

During the year under review, grants totalling £49,316 were paid from restricted funds in support of the Isha Vidya Project. Following a negative article in The Times concerning some of our donor recipients, we paused donations. The matter has since largely been addressed, and the Charity continues to govern the transfer of funds to recipient organisations through formal Memoranda of Understanding, ensuring appropriate oversight and accountability.

### ***Awareness Activities***

For the year under review, the Charity expanded its communications, media, and outreach work to raise awareness about wellbeing, yoga, and environmental sustainability. The focus this year was to reach more people, strengthen partnerships, and support its initiatives — Save Soil, Conscious Planet, and Miracle of Mind.

From September 2024, the Charity co-hosted 88 invitation-only meditation events with those considered Influencers, across 10 European cities (London, Milan, Rome, Bucharest, Sofia, Paris, Madrid, Berlin, Amsterdam and Antwerp), engaging 1,852 attendees. Eleven of these events launched the Miracle of Mind app between March and May 2025.

Research partnerships for the Miracle of Mind meditation were established with Harvard/BIDMC, University of Swansea, and Greater Manchester Mental Health NHS Trust. A special session was also held at the Embassy of India in Portugal with Lok Sabha Speaker Om Birla.

Under Project Samskriti, Isha led a workshop and performance at the Mindvalley Summit (Dubai) for 3,000 participants, and initiated discussions with Royal Albert Hall and Sadler's Wells for future performances.

All of the above activities were recognised by the public at large and the media and Isha Foundation was featured in 1,060 media reports across Europe, with a combined reach of over one billion people. More specifically:

- Save Soil appeared in 723 reports, including coverage by Reuters, BBC, Euronews, Associated Press, Vogue, Politico, Focus, MSN, Daily Mail, Independent, Público, La Repubblica, Adevărul, France 24, The Guardian, and others;
- Yoga and Wellbeing appeared in 333 reports, including features in El Mundo, Newsweek International, Forbes, Psychology Today, and more.

In a nutshell, through its awareness efforts, Isha Foundation has helped strengthen public awareness within Europe of yoga, inner wellbeing. It has also sharp focussed awareness of the looming ecological disaster, especially as it relates to soil.

# ISHA FOUNDATION

## Directors' and Trustees' Group Annual Report for the year ended 31 May 2025

### Financial Review

The Consolidated Statement of Financial Activities shows a net surplus of £1,421,957 (2024 – net surplus of £2,483,481) for the year and reserves stand at £10,420,095 (2024 £8,998,138 ). The decrease in surplus is largely due to reduction in income from charitable activities, as no major events were held during the year unlike previous year (Sadhguru Meet & Greet event). The financial position at year end as per the Consolidated Balance Sheet shows net current assets or working capital of £10,409,391 (2024 – £8,984,746). The net book value of fixed assets held, all of which are used directly for charitable purposes, amounts to £10,704 (2024 – £13,392).

### Reserves Policy

Reserves are needed to cover temporary shortfalls in incoming resources arising from fluctuations in income flows, to provide adequate working capital for core costs and to allow the Charity to cope with and respond to unforeseen emergencies.

Reserves are also needed for further investment and various expansion activities.

In light of the current social and economic environment, and the Charity's plans for expansion in the future, the trustees have determined that free reserves should be the equivalent of at least £5 million to 5.5 million for ongoing activities, with additional funds (preferably of similar amount) available for expansion. Charity hold reserves above target level this year and we will be issuing further grants for the charitable projects in India next financial year from these reserve funds.

The Charity expects to continue growing at an accelerated pace over a three-year horizon and given the current volatility & uncertainty in the environment combined with the diverse nature of the activities of the Charity run by a Volunteer led organisation, the trustees would prefer to be conservative in ensuring adequate reserves are in place to cater to the expansion plans- which reflects in the financial statements.

The Trustees plan to undertake, during the current year, a review of the reserves required keeping in mind the factors discussed above, and come up with an updated reserves policy.

### Going Concern

In preparing these financial statements, the Trustees are responsible for assessing the Charity's ability to continue as a going concern, disclosing, as applicable, matters related to the going concern and using the going concern basis of accounting. The Trustees believe that there are no going concern matters that would affect the Charity for the foreseeable future.

### Structure, Governance and Management

The Organisation is governed by its Memorandum and Articles of Association.

All the activities of the Isha Foundation are run by dedicated volunteers and a few fulltime employees. These include programme promotion, registrations, programme planning, coordination, communication and supporting yoga practices of the participants etc.

Mr Rahul Prakash and Mr Vinod Rao continue to act as active Trustees and Directors since March-2021.

Mr Senthil Kaniappan is the representative for Isha Foundation Inc USA, the sole member of the Charity, and with his extensive experience of almost three decades in ISHA , supports the Trustees as required, this group together working on the strategy and plans for the Charity.

The Charity's day to day activities are planned and managed by the trained co-ordinators and volunteers, There is regular interaction between the Trustees, co-ordinators, employees, part timers and volunteers.

### Risk Assessment and Monitoring

The Charity has an active Risk Register and Risk Management Policy. It plans a thorough review of this Policy in calendar 2026.

During the year under review two risks were identified and dealt with.

The first risk was identified by the Directors of Isha Life and it related to its poor market performance. The Directors carried out an analysis, and concluded that the store's product offering was inadequate particularly as related to personal care and cosmetic items which meditators accessing other Isha Life stores in other parts of the globe had access to. Due to import restrictions in Europe these products had not been ordered. We liaised with the Indian supplier who was unable to provide solutions, so we appointed Eco Mundo, a firm specialised in European and UK import regulation to work with our Indian Suppliers. Despite this step, our Indian Suppliers were unable to comply. Hence the Directors decided to develop these product items through UK/ EU based Suppliers. This process takes time and we are confident during calendar 2026 the matter will be sorted.

The second risk was a reputational risk when The Times newspaper approached us in April 2025, making allegations against Isha Foundation India, which is legally a completely separate entity. However in the public perception the Trustees felt this was a serious reputational risk and decided to approach Isha Foundation India for answers to the queries raised by The Times. Alongside as a measure of abundant caution, the Trustees decided to send a Serious Incident Report to the Charities Commission that such an article could appear and also appraise them of the steps we had taken. On 30 May 2025 the article did appear, and we once again appraised the Commission. Alongside, we sought answers from the Indian entity and over the course of the next months the Trustees have provided requisite updates to the Commission resolving and addressing the majority of allegations raised in the article.

# ISHA FOUNDATION

## Directors' and Trustees' Group Annual Report for the year ended 31 May 2025

### Statement of Trustees' responsibilities

The Trustees (who are also the directors of Isha Foundation for the purposes of Company law) are responsible for preparing the Trustees' Group Annual Report and the consolidated financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice)".

Company law requires the Trustees to prepare financial statements for each financial year which gives a true and fair view of the affairs of the charity and the incoming resources and application of the resources, including the net income or expenditure, of the charity for the year. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and apply them consistently
- make judgements and estimates that are reasonable and prudent
- observe the methods and principles in the Charities SORP
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements.
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the charity and which enable them to ensure that the financial statements comply with the Companies Act 2006. 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.

### Statement of disclosure to auditor

In so far as the trustees are aware:

- there is no relevant audit information of which the charity's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

### Related Parties

Isha Foundation UK's sole Member is Isha Foundation Inc USA. Isha Foundation India, the first Isha charitable organisation, also collaborates with the Isha Foundation UK Charity from time to time.

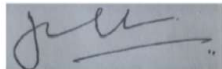
The Trustees of Isha Foundation UK are independent of all related parties. As the sole Member, Isha Foundation Inc., USA holds one voting right within Isha Foundation UK.

### Public Benefit

Isha Foundation continues to support the wellbeing of the general public through yoga and meditation and did so even more intensely during the challenging times of the coronavirus pandemic and after. Free Inner Engineering Online programmes for healthcare workers, heavily discounted online programmes for the general public, free webinar sessions, practice support sessions with trained teachers, increased social media presence, Sadhguru's free offerings and monthly Satsangs have all touched the lives of many thousands of people and supported them to enhance their physical, mental and inner well-being.

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2011 to have due regard to the Charity Commission's general guidance on public benefit.

This report was approved by the board of Trustees on 17/02/2026 and signed on its behalf by



Rahul Prakash  
Trustee



## ISHA FOUNDATION

### *Independent auditor's report to the members and trustees of Isha Foundation*

#### **Opinion**

We have audited the financial statements of Isha Foundation (the charity) (the parent entity) and its subsidiaries (the group) for the year ended 31 May 2025 which comprise the Consolidated Statement of Financial Activities (Summary Income and Expenditure Account), Statement of Financial Activities (Summary Income and Expenditure Account), the Balance Sheet and the Consolidated Balance Sheet, the Statement of Cash Flows and Consolidated Statement of Cash Flows and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102. The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

In our opinion, the financial statements:

- give a true and fair view of the state of the groups and charitable company's affairs as at 31 May 2025 and of the group's and charitable company's incoming resources and application of resources, including the group's and charitable company's income and expenditure, for the period then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland'; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

#### **Basis for opinion**

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

#### **Conclusions relating to going concern**

In auditing the financial statements, we have concluded that the Trustees use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed; we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

#### **Other Information**

The Trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

#### **Opinions on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

## ISHA FOUNDATION

### *Independent auditor's report to the members and trustees of Isha Foundation*

#### **Matters on which we are required to report by exception**

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report included within the Trustees' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies exemption in preparing the Directors' and Trustees' Report.

#### **Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

#### **Auditor's responsibilities for the audit of the financial statements**

We have been appointed as auditor under section 145 of the Charities Act 2011 and report in accordance with regulations made under section 154 of that Act.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud, is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud.

We gained an understanding of the legal and regulatory framework applicable to the company and the industry in which it operates, and considered the risk of acts by the company that were contrary to applicable laws and regulations, including fraud. We discussed with the Directors the policies and procedures in place regarding compliance with laws and regulations. We discussed amongst the audit team the identified laws and regulations, and remained alert to any indications of non-compliance.

During the audit we focussed on laws and regulations which could reasonably be expected to give rise to a material misstatement in the financial statements, including, but not limited to, the Companies Act 2006, UK tax legislation, Charity Act 2011, SORP 2019. Our tests included agreeing the financial statement disclosures to underlying supporting documentation and enquiries with management.

Our procedures in relation to fraud included but were not limited to: inquires of management whether they have any knowledge of any actual, suspected or alleged fraud, and discussions amongst the audit team regarding risk of fraud such as opportunities for fraudulent manipulation of financial statements. We determined that the principal risks related to posting manual journal entries to manipulate financial performance and management bias through judgements in accounting estimates. We also addressed the risk of management override of internal controls, including testing journals and appropriateness of other entries in the nominal ledger; reviewing transactions around the end of the reporting period; and evaluating whether there was evidence of bias by the directors that represented a risk of material misstatement due to fraud.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at [www.frc.org.uk/auditorsresponsibilities](http://www.frc.org.uk/auditorsresponsibilities). This description forms part of our Report of the Independent Auditors.

#### **Use of our report**

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Jeffrey Bor FCA (Senior Statutory Auditor)

for and on behalf of SCB (Accountants) Limited

31 Sackville street  
Manchester M1 3LZ  
Date: 19/02/2026

**ISHA Foundation - Consolidated Statement of Financial Activities Including Consolidated Income and Expenditure account for the year ended 31 May 2025**

		<u>Group</u> Unrestricted Funds 2025 £	<u>Group</u> Restricted Funds 2025 £	<u>Group</u> Total Funds 2025 £	<u>Group</u> Unrestricted Funds 2024 £	<u>Group</u> Restricted Funds 2024 £	<u>Group</u> Total Funds 2024 £
<b>Income</b>							
Donations	11	926,623	314,830	1,241,453	951,000	147,908	1,098,908
Charitable activities	12	2,648,144	-	2,648,144	5,260,366	-	5,260,366
Investment	13	81,910	-	81,910	43,338	-	43,338
<b>Total income</b>		<b>3,656,677</b>	<b>314,830</b>	<b>3,971,507</b>	<b>6,254,704</b>	<b>147,908</b>	<b>6,402,612</b>
<b>Expenditures on</b>							
Raising fund	15	74,247	-	74,247	40,408	133	40,541
Charitable activities							
Promoting yoga	15	2,425,987	49,316	2,475,303	3,608,444	270,146	3,878,590
<b>Total expenditure</b>		<b>2,500,234</b>	<b>49,316</b>	<b>2,549,550</b>	<b>3,648,852</b>	<b>270,279</b>	<b>3,919,131</b>
<b>Net income/(expenditure) for the year</b>		<b>1,156,443</b>	<b>265,514</b>	<b>1,421,957</b>	<b>2,605,852</b>	<b>(122,371)</b>	<b>2,483,481</b>
Transfer between funds		-	-	-	-	-	-
<b>Net income after transfers</b>		<b>1,156,443</b>	<b>265,514</b>	<b>1,421,957</b>	<b>2,605,852</b>	<b>(122,371)</b>	<b>2,483,481</b>
<b>Net movement in funds</b>		<b>1,156,443</b>	<b>265,514</b>	<b>1,421,957</b>	<b>2,605,852</b>	<b>(122,371)</b>	<b>2,483,481</b>
<b>Reconciliation of funds:-</b>							
<b>Total funds brought forward</b>		<b>8,940,493</b>	<b>57,645</b>	<b>8,998,138</b>	<b>6,334,641</b>	<b>180,016</b>	<b>6,514,657</b>
<b>Total funds carried forward</b>		<b>10,096,936</b>	<b>323,159</b>	<b>10,420,095</b>	<b>8,940,493</b>	<b>57,645</b>	<b>8,998,138</b>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

**Continuing Operations**

None of the charity's activities were acquired or discontinued during the two financial years.

**Total recognized gains and losses**

The charity has no recognised gains or losses other than the above movements in funds during the two financial years.

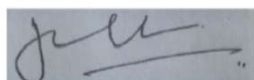
The notes attached on pages 15 to 26 form an integral part of these accounts.

# ISHA FOUNDATION - Consolidated Balance Sheet as at 31 May 2025

	Notes	<u>Group</u> 2025	<u>Group</u> 2024
		£	£
<b>Fixed assets</b>			
Tangible assets	5	10,704	13,392
<b>Current assets</b>			
Debtors	7	132,953	111,481
Stock		377,251	364,956
Cash at bank and in hand		10,145,413	8,691,876
<b>Total current assets</b>		<b>10,655,617</b>	<b>9,168,313</b>
Creditors: amounts falling due within one year	8	(246,227)	(183,567)
<b>Net Current Assets</b>		<b>10,409,391</b>	<b>8,984,746</b>
<b>The total of net assets of charity</b>		<b>10,420,095</b>	<b>8,998,138</b>
<b>The total of net assets of charity is funded by the fund of charity as follows :-</b>			
<b>Restricted funds</b>			
Restricted Funds	10	323,159	57,645
<b>Unrestricted Funds</b>			
Unrestricted Funds	10	10,096,936	8,940,493
		10,420,095	8,998,138
<b>Total charity funds</b>		<b>10,420,095</b>	<b>8,998,138</b>

The Trustees have prepared financial statements in accordance with Section 398 of the Companies Act 2006 and Section 138 of the Charities Act 2011.

Approved by the board of trustees on 17/02/2026



**Rahul Prakash**  
Trustee

The notes attached on pages 15 to 26 form an integral part of these accounts.

**ISHA Foundation - Charity's Statement of Financial Activities Including Income and Expenditure account for the year ended 31 May 2025**

		<u>Charity</u> Unrestricted Funds 2025 £	<u>Charity</u> Restricted Funds 2025 £	<u>Charity</u> Total Funds 2025 £	<u>Charity</u> Unrestricted Funds 2024 £	<u>Charity</u> Restricted Funds 2024 £	<u>Charity</u> Total Funds 2024 £
<b>Income</b>							
Donations	11	1,045,529	314,830	<b>1,360,359</b>	1,164,710	147,908	<b>1,312,618</b>
Charitable activities	12	1,960,247	-	<b>1,960,247</b>	4,005,801	-	<b>4,005,801</b>
Investment	13	107,998	-	<b>107,998</b>	74,171	-	<b>74,171</b>
<b>Total income</b>		<b>3,113,774</b>	<b>314,830</b>	<b>3,428,604</b>	<b>5,244,682</b>	<b>147,908</b>	<b>5,392,590</b>
<b>Expenditures on</b>							
Raising fund	15	57,466	-	<b>57,466</b>	40,787	191	<b>40,978</b>
Charitable activities							
Promoting yoga	15	1,899,865	49,316	<b>1,949,181</b>	2,598,043	270,088	<b>2,868,131</b>
<b>Total expenditure</b>		<b>1,957,331</b>	<b>49,316</b>	<b>2,006,647</b>	<b>2,638,830</b>	<b>270,279</b>	<b>2,909,109</b>
<b>Net income/(expenditure) for the year</b>		<b>1,156,443</b>	<b>265,514</b>	<b>1,421,957</b>	<b>2,605,852</b>	<b>(122,371)</b>	<b>2,483,481</b>
<b>Net movement in funds</b>		<b>1,156,443</b>	<b>265,514</b>	<b>1,421,957</b>	<b>2,605,852</b>	<b>(122,371)</b>	<b>2,483,481</b>
<b>Reconciliation of funds:-</b>							
<b>Total funds brought forward</b>		<b>8,940,493</b>	<b>57,645</b>	<b>8,998,138</b>	<b>6,334,641</b>	<b>180,016</b>	<b>6,514,657</b>
<b>Total funds carried forward</b>		<b>10,096,936</b>	<b>323,159</b>	<b>10,420,095</b>	<b>8,940,493</b>	<b>57,645</b>	<b>8,998,138</b>

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

**Continuing Operations**

None of the charity's activities were acquired or discontinued during the two financial years.

**Total recognized gains and losses**

The charity has no recognised gains or losses other than the above movements in funds during the two financial years.

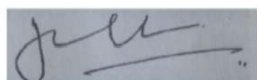
The notes attached on pages 15 to 26 form an integral part of these accounts.

# ISHA FOUNDATION - Charity's Balance Sheet as at 31 May 2025

	Notes	<u>Charity</u> 2025		<u>Charity</u> 2024
				£
<b>Fixed assets</b>				
Tangible assets	5	10,704		13,392
Investments	6	1		1
<b>Current assets</b>				
Debtors	7	637,925	792,188	
Stock		-	33,035	
Cash at bank and in hand		10,029,967	8,368,445	
<b>Total current assets</b>		10,667,892	9,193,668	
Creditors: amounts falling due within one year	8	(258,502)	(208,923)	
<b>Net Current Assets</b>		10,409,390	8,984,745	
<b>The total of net assets of charity</b>		10,420,095	8,998,138	
<b>The total of net assets of charity is funded by the fund of charity as follows :-</b>				
<b>Restricted funds</b>				
Restricted funds	10	323,159	57,645	
<b>Unrestricted funds</b>				
Unrestricted funds	10	10,096,936	8,940,493	
		10,420,095		8,998,138
<b>Total charity funds</b>		10,420,095	8,998,138	

The Trustees have prepared financial statements in accordance with Section 398 of the Companies Act 2006 and Section 138 of the Charities Act 2011.

Approved by the board of trustees on 17/02/2026



**Rahul Prakash**  
Trustee

The notes attached on pages 15 to 26 form an integral part of these accounts.

# ISHA FOUNDATION

## Consolidated Cash Flow Statement for the year ended 31 May 2025

	<b><u>Group</u></b> <b>2025</b> £	<b><u>Group</u></b> <b>2024</b> £
<b>Cash flows from operating activities</b>		
Net cash provided by operating activities as shown below	1,453,537	1,540,598
<b>Net increase in cash and cash equivalents</b>	<b>1,453,537</b>	<b>1,540,598</b>
Cash and cash equivalents at 1st June	8,691,876	7,151,277
<b>Cash and cash equivalents at 31 May</b>	<b>10,145,413</b>	<b>8,691,876</b>

<b>Reconciliation of net income to net cash flow from operating activities</b>	<b><u>Group</u></b> <b>2025</b> £	<b><u>Group</u></b> <b>2024</b> £
Net income as shown in the Statement of Financial Activities	1,421,957	2,483,481
<b>Adjustments for :-</b>		
Depreciation Charges	2,688	3,409
Loss on disposal of fixed assets	-	1,445
(Increase) in stocks	(12,295)	(21,799)
(Increase)/Decrease in debtors	(21,472)	79,287
Increase/(decrease) in creditors excluding loans	62,661	(1,005,224)
<b>Net cash provided by operating activities</b>	<b>1,453,537</b>	<b>1,540,598</b>

<b>Analysis of cash and cash equivalents</b>	<b>2025</b> £	<b>2024</b> £
Cash in hand at the year end 31 May	10,145,413	8,691,876
<b>Total cash and cash equivalents</b>	<b>10,145,413</b>	<b>8,691,876</b>

# ISHA FOUNDATION

## Charity's Cash Flow Statement for the year ended 31 May 2025

	<b><u>Charity</u></b> <b>2025</b> <b>£</b>	<b><u>Charity</u></b> <b>2024</b> <b>£</b>
<b>Cash flows from operating activities</b>		
Net cash provided by operating activities as shown below	1,575,434	1,344,121
<b>Cash flows from investing activities</b>		
Loan repayment received during year	60,000	10,000
Interest Income on loans to subsidiary company	26,088	30,833
<b>Net cash used in investing activities</b>	<b>86,088</b>	<b>40,833</b>
<b>Net cash provided by financing activities</b>	<b>-</b>	<b>-</b>
<b>Net increase in cash and cash equivalents</b>	<b>1,661,522</b>	<b>1,384,954</b>
Cash and cash equivalents at 1st June	8,368,445	6,983,491
<b>Cash and cash equivalents at 31 May</b>	<b>10,029,968</b>	<b>8,368,445</b>

<b>Reconciliation of net income to net cash flow from operating activities</b>	<b><u>Charity</u></b> <b>2025</b> <b>£</b>	<b><u>Charity</u></b> <b>2024</b> <b>£</b>
Net income as shown in the Statement of Financial Activities	1,421,957	2,483,481
<b>Adjustments for :-</b>		
Depreciation Charges	2,688	3,409
Loss on disposal of fixed assets	-	1,445
Interest Income on loans to subsidiary company	(26,088)	(30,833)
Decrease/(Increase) in stocks	33,035	(30,102)
Decrease/(Increase) in debtors	154,263	(99,387)
(Decrease) in creditors excluding loans	(10,421)	(983,892)
<b>Net cash provided by operating activities</b>	<b>1,575,434</b>	<b>1,344,121</b>

<b>Analysis of cash and cash equivalents</b>	<b>2025</b> <b>£</b>	<b>2024</b> <b>£</b>
Cash in hand at the year end 31 May	10,029,967	8,368,445
<b>Total cash and cash equivalents</b>	<b>10,029,967</b>	<b>8,368,445</b>



## Notes to the Consolidated Accounts for the year ended 31 May 2025

### 1 Accounting policies

Isha Foundation is a private company limited by guarantee incorporated in England and Wales. The registered office is at 111, Whitby Road, Big Yellow Storage Co. Ltd., Slough, England, SL1 3DR. IshaLife Ltd was set-up on 14th June 2021, as a fully owned subsidiary of Isha Foundation Charitable Organisation (Charity number: 1152417). It became operational from 1st November 2021.

#### Basis of preparation and accounting convention

The financial statements have been prepared in accordance with the charity's Memorandum and Articles of Association, the Companies Act 2006, FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland" ("FRS 102") and the Charities SORP "Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)" (effective 1 January 2019). The charity is a Public Benefit Entity as defined by FRS 102.

The financial statements are prepared in sterling, which is the functional currency of the charity and its subsidiary. Monetary amounts in these financial statements are rounded to the nearest £.

The financial statements have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant accounting policy note(s).

#### Basis of consolidation

The group financial statements consolidate the financial statements of the Charity and its subsidiary undertakings drawn up to 31 May 2025.

A subsidiary is an entity controlled by the charity. Control is achieved where the charity has the power to govern the financial and operating policies of an entity so as to obtain benefits from its activities.

The results of subsidiaries acquired or disposed of during the year are included in the consolidated statement of financial activities from the effective date of acquisition or up to the effective date of disposal, as appropriate. Where necessary, adjustments are made to the financial statements of the subsidiaries to bring their accounting policies into line with those used by the group.

The purchase method of accounting is used to accounts for business combinations that result from the acquisition of subsidiaries by the group. The cost of a business combination is measured as the fair value of the assets given, equity instruments issued and liabilities incurred or assumed at the date of exchange, plus costs directly attributable to the business combination. Identifiable assets acquired, and liabilities and contingent liabilities assumed, in a business combination are measured initially at fair value at the acquisition date. Any excess between the cost of business combination over the net fair value of the identifiable assets, liabilities and contingent liabilities, is recorded as goodwill.

Intergroup transactions and balances between the charity and its subsidiaries are eliminated in full on consolidation.

#### Going Concern

The trustees are required to prepare financial statements on the going concern basis unless there is uncertainty as to the ability of the entity to meet its liabilities as they fall due within the twelve months after the financial statements are approved for signature. In assessing the going concern status of the charity, the trustees have reviewed cashflow forecast for the 12 months from the date of approval of the financial statements, considered the relevant assumptions that underpin the forecast, the pipeline of new income from new events. The consolidated statement of financial activities shows a net surplus of £1,421,957 for the year (2024 – £2,483,481) and free reserves of £10,086,232 (2024 - £8,927,101).

Based on the information above, the Trustees have a reasonable expectation that the charity has adequate resources to continue in operation for the foreseeable future and will remain in surplus in future periods. Therefore, the trustees have adopted the going concern basis in preparing these accounts.

#### Income

##### Donations

Donations are recognised where there is entitlement, certainty of receipt and the amount can be measured with Sufficient reliability.

Donations from subsidiary is recognised in the charity's financial statements when the donation is payable under Deeds of Covenant. The income is accrued in the year in which the profits arise in the subsidiary company with the payment is being made to the parent charity in the following financial year.

##### Investment income

Investment income is recognised on a receivable basis

##### Income from charitable activities

Income from charitable activities include Income recognised as earned (as the related goods or services are provided) under contract, and recognised where there is entitlement, certainty of receipt and the amount can be measured with sufficient reliability.

All income is accounted for gross, before deducting any related fees or costs.

Notes to the Consolidated Accounts for the year ended 31 May 2025

**1 Accounting policies**

**Expenditure**

The SOFA has been presented on an activity basis. Costs have been distinguished between charitable activities and those incurred to raise funds. Expenditure and liabilities are recognised when a legal or constructive obligation exists to make payment to a third party, it is probable that settlement will be required, and the amount of the obligation can be measured reliably.

Charitable expenditures comprise those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be directly allocated to such activities and those costs of an Indirect nature necessary to support them.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure was incurred.

**Allocation of support and governance costs**

Support costs are those functions that assist the work of the charity but do not directly undertake charitable activities. Support costs include back office costs, finance, personnel, payroll and governance costs which support the Charity's programmes and activities. The basis of allocation of support and governance costs is specified in note 16A, 16B and 16C.

**Tangible fixed asset and depreciation**

Tangible fixed assets are initially measured at cost and subsequently measured at cost or valuation, net of depreciation and any impairment losses.

The cost of minor additions or those costing less than £3,000 are not capitalised.

All gains on fixed asset revaluations, whether realised or unrealised, are included in of the Statement of Financial Activities.

**Depreciation**

Depreciation is provided on tangible fixed assets so as to write off the cost less any estimated residual value, over their expected useful economic life as follows:

Plant and Machinery	20% on reducing balance method
Motor Vehicle	20% on reducing balance method

**Stock**

Stocks are valued at the lower of cost and net realisable value after making due allowance for obsolete and slow moving items.

**Debtors**

Trade debtors are recognised initially at the transaction prices. They are subsequently measured at amortised cost using the effective interest method, less provision for Impairment. A provision for Impairment of trade debtors is established when there is objective evidence that the charity will not be able to collect all amount due according to the original terms of receivables.

**Cash and cash equivalents**

Cash and cash equivalents include cash in hand, deposits held at call with banks, other short term liquid investments

**Creditors**

Trade creditors are recognised initially at the transaction price. They are subsequently measured at amortised cost using the effective interest method. Short term trade creditors are measured at the transaction price. Other financial liabilities, including bank loans, are measured at fair value, net of transaction costs, and are measured subsequently at amortised cost using effective interest method.

**Financial instruments**

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

**Taxation**

The charity is an exempt charity within the meaning of schedule 3 of the Charities Act 2011 and is considered to pass the tests set out in Paragraph 1 Schedule 6 Finance Act 2010 and therefore it meets the definition of a charitable company for UK corporation tax purposes.

The Charity's subsidiary undertakings are non-charitable subsidiaries and are subject to taxation, but do not generally pay UK Corporation Tax because their policy is to pay taxable profits as donation to the Charity.  
Foreign tax incurred by subsidiaries operating overseas is charged as it is incurred.

**Pension**

The Charity operates a defined contribution pension scheme on behalf of its employees. Contributions are charged to the Statement of Financial Activities in the period in which they are payable.

Notes to the Consolidated Accounts for the year ended 31 May 2025

**1 Accounting policies**

**Hire purchase**

Assets obtained under hire purchase contracts are capitalised in the balance sheet and are depreciated over their estimated useful lives.

The interest element of these obligation is charged to the statement of financial activities over the relevant period. The Capital element of the future payments is treated as a liability.

**Fund accounting**

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the Charity.

Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an Appeal or as implied by law.

**Volunteers and donated services and facilities**

Donated professional services and donated facilities are recognised as income when the charity has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use by the charity of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised and refers to the trustees' annual report for more information about their contribution.

On receipt, donated professional services and donated facilities are recognised on the basis of the value of the gift to the charity which is the amount the charity would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

**Foreign currency transactions**

Monetary assets and liabilities denominated in foreign currencies are translated into sterling at the rate of exchange ruling at the balance sheet date. Transactions in foreign currencies are recorded at the rate ruling at the date of the transaction. All differences are taken to the Statement of Financial Activities.

**Critical accounting estimates and judgements**

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors that are considered to be relevant. Actual results may differ from these estimates.

The company makes estimates and assumptions concerning the future. The resulting accounting estimates will, by definition, seldom equal the related actual results. The estimates and assumptions that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next financial year are addressed below.

**(i) Useful economic lives of tangible assets**

The annual depreciation charge for tangible assets are sensitive to changes in the estimated useful economic lives and residual values of the assets. The useful economic lives and residual values are re-assessed annually. They are amended when necessary. The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

**(ii) Allocation of shared cost between multiple activities**

Support costs relate to those functions that assist the work of the charity but do not directly relate to charitable activities. Support costs include back-office costs, finance, personnel, payroll and governance costs which support the charity's programmes and activities. These costs have been allocated between cost of raising funds and expenditure on charitable activities. All the general support and governance costs are allocated to activities at different percentages, on the basis of staff time relating to each activity.

Notes to the Consolidated Accounts for the year ended 31 May 2025

2 Net surplus before tax in the financial year

	Group		Charity	
	2025	2024	2025	2024
	£	£	£	£
The net surplus before tax in the financial year is stated after charging:-				
Depreciation of the owned Assets	969	1,260	969	1,260
Depreciation of assets held under finance Lease and hire purchases contracts	1,719	2,149	1,719	2,149
Auditor's remuneration	26,220	25,000	15,720	15,000

3 Interest Payable

	Group		Charity	
	2025	2024	2025	2024
	£	£	£	£
Hire Purchase interest	380	888	380	888
	<b>380</b>	<b>888</b>	<b>380</b>	<b>888</b>

4 Staff costs and emoluments

	Group		Charity	
	2025	2024	2025	2024
	£	£	£	£
<b>Salary costs</b>				
Salaries	441,303	359,593	342,706	252,836
Social Security Costs	33,699	35,567	33,699	32,280
Pension costs	7,933	9,944	7,933	7,978
<b>Total staff costs</b>	<b>482,935</b>	<b>405,104</b>	<b>384,338</b>	<b>293,094</b>
Average number of Employee	10	10	7	7

The Number of employee whose employee benefit (excluding employer Pension costs) exceeded £60,000 was:

	Group		Charity	
	2025	2024	2025	2024
60,001-70,000	1		1	
70,001-80,000		1		1
80,001-90,000	1	1	1	1
Total	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>

The key management personnel of the charity include the Directors. The total employee benefits of the key management personnel of the charity were Nil (2024 - Nil).

5 Tangible fixed Assets

Group and Charity

	Plant & Machinery	Motor Vehicles	Total
	£	£	£
<b>Cost</b>			
At 1 June 2024	22,255	26,229	48,484
Additions	-	-	-
<b>At 31 May 2025</b>	<b>22,255</b>	<b>26,229</b>	<b>48,484</b>
<b>Depreciation</b>			
At 1 June 2024	17,457	17,635	35,092
Charges for the Year	969	1,719	2,688
Disposals	-	-	-
<b>At 31 May 2025</b>	<b>18,426</b>	<b>19,354</b>	<b>37,780</b>
<b>Net book Value</b>			
<b>At 31 May 2025</b>	<b>3,829</b>	<b>6,875</b>	<b>10,704</b>
<b>At 31 May 2024</b>	<b>4,798</b>	<b>8,594</b>	<b>13,392</b>

Notes to the Consolidated Accounts for the year ended 31 May 2025

6 Investments

Charity

Shares in company (limited by shares)

	£
<b>Cost or valuation</b>	
At 1 June 2024	1
<b>At 31 May 2025</b>	<u>1</u>
<b>Carrying amount</b>	
At 31 May 2024	1
<b>At 31 May 2025</b>	<u>1</u>

The company's investment at the Balance Sheet date in the share capital of company includes the following:

**Details of company**

IshaLife Limited  
Registered Office: England  
Nature of Business: Other service activities not elsewhere classified (Trading of Yoga Items)

<b>Class of shares:</b>	% holding
Ordinary	100

Notes to the Consolidated Accounts for the year ended 31 May 2025

7 Debtors

	<u>Group</u> 2025 £	<u>Group</u> 2024 £	<u>Charity</u> 2025 £	<u>Charity</u> 2024 £
Trade debtors	10,894	6,176	-	-
Loan receivables	-	-	330,000	390,000
Other debtors	111,719	85,685	297,585	382,568
Payments and Accrued Income	10,340	19,620	10,340	19,620
	<u>132,953</u>	<u>111,481</u>	<u>637,925</u>	<u>792,188</u>

8 Creditors: amounts falling due within one year

	<u>Group</u> 2025 £	<u>Group</u> 2024 £	<u>Charity</u> 2025 £	<u>Charity</u> 2024 £
Accruals	26,220	98,711	15,720	88,711
Trade Creditors	58,400	7,604	96,451	63,051
Other Creditors	124,706	3,982	126,321	-
Deferred Income*	17,694	44,837	17,694	44,837
Finance Lease and HP Contracts	-	1,799	-	1,799
Social security and taxes	19,207	26,634	2,316	10,525
	<u>246,227</u>	<u>183,567</u>	<u>258,502</u>	<u>208,923</u>

\* The deferred income represents cash received from donors prior to entitlement under our income recognition policy. Below is details of deferred income:

	<u>Group</u>		<u>Charity</u>	
	2025 £	2024 £	2025 £	2024 £
Opening Balance at the beginning of year	44,837	976,344	44,837	976,344
Less: Income recognised during the year	(44,837)	(976,344)	(44,837)	(976,344)
Add: Income deferred in the year	17,694	44,837	17,694	44,837
Closing Balance at end of year	<u>17,694</u>	<u>44,837</u>	<u>17,694</u>	<u>44,837</u>

9 Analysis of net assets between funds

Group

	<u>Unrestricted</u> <u>Funds</u> £	<u>Restricted</u> <u>Funds</u> £	<u>Total</u> <u>Funds</u> £
<b>At 31 May 2025</b>			
Tangible fixed assets	10,704	-	10,704
Net current assets	10,086,232	323,159	10,409,391
	<u>10,096,936</u>	<u>323,159</u>	<u>10,420,095</u>
<b>At 31 May 2024</b>			
Tangible fixed assets	13,392	-	13,392
Net current assets	8,927,101	57,645	8,984,746
	<u>8,940,493</u>	<u>57,645</u>	<u>8,998,138</u>

# ISHA FOUNDATION

## Notes to the Consolidated Accounts for the year ended 31 May 2025

### Charity

#### 9 Analysis of net assets between funds

<b>At 31 May 2025</b>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds £</b>
Tangible fixed assets	10,704	-	10,704
Investments	1	-	1
Net current assets	10,086,231	323,159	10,409,390
	<b>10,096,936</b>	<b>323,159</b>	<b>10,420,095</b>

<b>At 31 May 2024</b>	<b>Unrestricted Funds £</b>	<b>Restricted Funds £</b>	<b>Total Funds £</b>
Tangible fixed assets	13,392	-	13,392
Investments	1	-	1
Net current assets	8,927,100	57,645	8,984,745
	<b>8,940,493</b>	<b>57,645</b>	<b>8,998,138</b>

Creditor falling due within one Year			-
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## Notes to the Consolidated Accounts for the year ended 31 May 2025

## 10 Movement in funds

Group

	Balance at 1st June 2024	Income	Expenditure	Fund In/(Out) Flow from merger	Balance at 31st May 2025
	£	£	£	£	£
<b>Unrestricted funds</b>					
Unrestricted Funds	8,940,493	3,656,677	(2,500,234)	-	10,096,936
<b>Total Unrestricted funds</b>	<b>8,940,493</b>	<b>3,656,677</b>	<b>(2,500,234)</b>	<b>-</b>	<b>10,096,936</b>
<b>Restricted Funds</b>					
Cauvery Calling	24,502	29,522	-	-	54,024
Project Green Hand	6,182	-	-	-	6,182
Isha Vidhya	21,050	52,887	(49,316)	-	24,621
Bangalore IYC	5,911	172	-	-	6,083
Action for Rural Rejuvenation	-	25,463	-	-	25,463
Annadanam	-	102,485	-	-	102,485
Sacred Walks	-	104,301	-	-	104,301
<b>Total Restricted funds</b>	<b>57,645</b>	<b>314,830</b>	<b>(49,316)</b>	<b>-</b>	<b>323,159</b>
<b>Total Charity Funds</b>	<b>8,998,138</b>	<b>3,971,507</b>	<b>(2,549,550)</b>	<b>-</b>	<b>10,420,095</b>

## Movements in funds - previous year

	Balance at 1st June 2023	Income	Expenditure	Fund In/(Out) Flow from merger	Balance at 31st May 2024
	£	£	£	£	£
<b>Unrestricted funds</b>					
Unrestricted Funds	6,334,641	6,254,704	(3,648,852)	-	8,940,493
<b>Total Unrestricted funds</b>	<b>6,334,641</b>	<b>6,254,704</b>	<b>(3,648,852)</b>	<b>-</b>	<b>8,940,493</b>
<b>Restricted Funds</b>					
Cauvery Calling	123,189	27,182	(125,869)	-	24,502
Project Green Hand	6,182	-	-	-	6,182
Isha Vidhya	16,870	42,623	(38,443)	-	21,050
Bangalore IYC	33,775	10,088	(37,952)	-	5,911
Action for Rural Rejuvenation	-	1,178	(1,178)	-	-
Save the Soil/COP28	-	33	(33)	-	-
Annadanam	-	66,804	(66,804)	-	-
<b>Total Restricted funds</b>	<b>180,016</b>	<b>147,908</b>	<b>(270,279)</b>	<b>-</b>	<b>57,645</b>
<b>Total Charity Funds</b>	<b>6,514,657</b>	<b>6,402,612</b>	<b>(3,919,131)</b>	<b>-</b>	<b>8,998,138</b>

## \*Details of Restricted Funds

Name of project	Purpose and timelines
Cauvery Calling	For supporting a campaign that provides farmers to plant trees and revitalise the river Cauvery in South India. Balance amount to be spent in year 2025-26.
Project Green Hand	For supporting a campaign that provides farmers to plant trees and revitalise the river Cauvery in South India. Balance amount to be spent in year 2025-26.
Isha Vidhya	For supporting Isha Vidhya school, providing underprivileged children in India. Balance amount to be spent in year 2025-26.
Bangalore IYC	For supporting fundraising for the new Isha Yoga Centre being built in Bangalore, India. Balance amount to be spent in year 2025-26.
Sacred Walks	For the campaign "Sacred Walks" — a series of guided spiritual journeys to sacred places in India (and sometimes beyond) organized by the Isha Foundation — the balance amount is to be spent in the year 2025-26.
Action for Rural Rejuvenation	For supporting the continued implementation of health and rural community revitalisation programmes aimed at improving the lives of India's rural population.
Annadanam	For supporting the food offerings to guests, residents, volunteers, sanyasis and brahmacharis at the Isha Yoga Center India.



## Notes to the Consolidated Accounts for the year ended 31 May 2025

## 10 Movement in funds (Continued)

Charity

	Balance at 1st June 2024 £	Income £	Expenditure £	Fund In/(Out) Flow from merger £	Balance at 31st May 2025 £
<b>Unrestricted funds</b>					
Unrestricted funds	8,940,493	3,113,774	(1,957,331)	-	10,096,936
<b>Total Unrestricted funds</b>	<b>8,940,493</b>	<b>3,113,774</b>	<b>(1,957,331)</b>	<b>-</b>	<b>10,096,936</b>
<b>Restricted funds</b>					
Cauvery Calling	24,502	29,522	-	-	54,024
Project Green Hand	6,182	-	-	-	6,182
Isha Vidhya	21,050	52,887	(49,316)	-	24,621
Bangalore IYC	5,911	172	-	-	6,083
APR Mobile Health	-	25,463	-	-	25,463
Annadanam	-	102,485	-	-	102,485
Sacred Walks	-	104,301	-	-	104,301
<b>Total Restricted funds</b>	<b>57,645</b>	<b>314,830</b>	<b>(49,316)</b>	<b>-</b>	<b>323,159</b>
<b>Total Charity Funds</b>	<b>8,998,138</b>	<b>3,428,604</b>	<b>(2,006,647)</b>	<b>-</b>	<b>10,420,095</b>

## Movements in funds - previous year

	Balance at 1st June 2023 £	Income £	Expenditure £	Fund In/(Out) Flow from merger £	Balance at 31st May 2024 £
<b>Unrestricted funds</b>					
Unrestricted funds	6,334,641	5,244,682	(2,638,830)	-	8,940,493
<b>Total Unrestricted funds</b>	<b>6,334,641</b>	<b>5,244,682</b>	<b>(2,638,830)</b>	<b>-</b>	<b>8,940,493</b>
<b>Restricted funds</b>					
Cauvery Calling	123,189	27,182	(125,869)	-	24,502
Project Green Hand	6,182	-	-	-	6,182
Isha Vidhya	16,870	42,623	(38,443)	-	21,050
Bangalore IYC	33,775	10,088	(37,952)	-	5,911
APR Mobile Health	-	1,178	(1,178)	-	-
Save the Soil/COP28	-	33	(33)	-	-
Annadanam	-	66,804	(66,804)	-	-
<b>Total Restricted funds</b>	<b>180,016</b>	<b>147,908</b>	<b>(270,279)</b>	<b>-</b>	<b>57,645</b>
<b>Total Charity Funds</b>	<b>6,514,657</b>	<b>5,392,590</b>	<b>(2,909,109)</b>	<b>-</b>	<b>8,998,138</b>

## \*Details of Restricted Funds

Name of project	Purpose and timelines
Cauvery Calling	For supporting a campaign that provides farmers to plant trees and revitalise the river Cauvery in South India. Balance amount to be spent in year 2025-26.
Project Green Hand	For supporting a campaign that provides farmers to plant trees and revitalise the river Cauvery in South India. Balance amount to be spent in year 2025-26.
Isha Vidhya	For supporting Isha Vidhya school, providing underprivileged children in India. Balance amount to be spent in year 2025-26.
Bangalore IYC	For supporting fundraising for the new Isha Yoga Centre being built in Bangalore, India. Balance amount to be spent in year 2025-26.
Sacred Walks	For the campaign "Sacred Walks" — a series of guided spiritual journeys to sacred places in India (and sometimes beyond) organized by the Isha Foundation — the balance amount is to be spent in the year 2025-26.
Action for Rural Rejuvenation	For supporting the continued implementation of health and rural community revitalisation programmes aimed at improving the lives of India's rural population.
Annadanam	For supporting the food offerings to guests, residents, volunteers, sanyasis and brahmacharis at the Isha Yoga Center India.

## Notes to the Consolidated Accounts for the year ended 31 May 2025

## 11 Income from donations

	Group					
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
<b>Donation and gifts</b>						
Donation and gifts from Individuals	926,623	314,830	1,241,453	951,000	147,908	1,098,908
<b>Total Income from donation</b>	<b>926,623</b>	<b>314,830</b>	<b>1,241,453</b>	<b>951,000</b>	<b>147,908</b>	<b>1,098,908</b>

	Charity					
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
<b>Donation and gifts</b>						
Donation and gifts from Individuals	926,623	314,830	1,241,453	951,000	147,908	1,098,908
Donation from subsidiary company	118,906	-	118,906	213,710	-	213,710
<b>Total Income from donation</b>	<b>1,045,529</b>	<b>314,830</b>	<b>1,360,359</b>	<b>1,164,710</b>	<b>147,908</b>	<b>1,312,618</b>

## 12 Income from charitable activities

	Group					
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
<b>Primary purpose and ancillary trading</b>						
Promoting yoga	1,960,247	-	1,960,247	4,453,770	-	4,453,770
Books and merchandise sales	687,897	-	687,897	802,582	-	802,582
Other operating Income	-	-	-	4014	-	4,014
<b>Total from charitable activities</b>	<b>2,648,144</b>	<b>-</b>	<b>2,648,144</b>	<b>5,260,366</b>	<b>-</b>	<b>5,260,366</b>

	Charity					
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
<b>Primary purpose and ancillary trading</b>						
Promoting yoga	1,960,247	-	1,960,247	4,005,801	-	4,005,801
<b>Total from charitable activities</b>	<b>1,960,247</b>	<b>-</b>	<b>1,960,247</b>	<b>4,005,801</b>	<b>-</b>	<b>4,005,801</b>

## 13 Investment Income

	Group					
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Bank Interest receivable	81,910	-	81,910	43,338	-	43,338
<b>Total Investment Income</b>	<b>81,910</b>	<b>-</b>	<b>81,910</b>	<b>43,338</b>	<b>-</b>	<b>43,338</b>

	Charity					
	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £
Bank Interest receivable	81,910	-	81,910	43,338	-	43,338
Interest Income on loans to subsidiary company	26,088	-	26,088	30,833	-	30,833
<b>Total Investment Income</b>	<b>107,998</b>	<b>-</b>	<b>107,998</b>	<b>74,171</b>	<b>-</b>	<b>74,171</b>

## Notes to the Consolidated Accounts for the year ended 31 May 2025

## 15 Expenditure

	Group					
	Expenditure on raising funds	Expenditure on Charitable Activities	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Staff costs (Note 15C)	57,617	230,470	288,087	33,193	132,772	165,965
Program costs	-	1,400,926	1,400,926	-	2,025,128	2,025,128
Other direct Costs	-	152,962	152,962	-	491,133	491,133
Grant expenses	-	54,316	54,316	-	500,687	500,687
Support costs (Note 15A)	13,691	545,622	559,313	6,356	649,650	656,006
Governance costs (Note 15B)	2,939	91,007	93,946	992	79,220	80,212
	<b>74,247</b>	<b>2,475,303</b>	<b>2,549,550</b>	<b>40,541</b>	<b>3,878,590</b>	<b>3,919,131</b>
<b>Utilization of:</b>						
Restricted funds	-	49,316	49,316	133	270,146	270,279
Unrestricted funds	<b>74,247</b>	<b>2,425,987</b>	<b>2,500,234</b>	<b>40,408</b>	<b>3,608,444</b>	<b>3,648,852</b>
	<b>74,247</b>	<b>2,475,303</b>	<b>2,549,550</b>	<b>40,541</b>	<b>3,878,590</b>	<b>3,919,131</b>

	Charity					
	Expenditure on raising funds	Expenditure on Charitable Activities	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Total
	2025	2025	2025	2024	2024	2024
	£	£	£	£	£	£
Staff costs (Note 15C)	42,698	170,792	213,490	33,193	132,772	165,965
Program costs	-	1,029,349	1,029,349	-	1,628,678	1,628,678
Other direct costs	-	152,962	152,962	-	82,637	82,637
Grant expenses	-	54,316	54,316	-	500,687	500,687
Support costs (Note 15A)	12,383	466,220	478,603	6,987	479,035	486,022
Governance costs (Note 15B)	2,384	75,542	77,926	798	44,322	45,120
	<b>57,465</b>	<b>1,949,181</b>	<b>2,006,646</b>	<b>40,978</b>	<b>2,868,131</b>	<b>2,909,109</b>
<b>Utilization of:</b>						
Restricted funds	-	49,316	49,316	191	270,088	270,279
Unrestricted funds	<b>57,465</b>	<b>1,899,865</b>	<b>1,957,330</b>	<b>40,787</b>	<b>2,598,043</b>	<b>2,638,830</b>
	<b>57,465</b>	<b>1,949,181</b>	<b>2,006,646</b>	<b>40,978</b>	<b>2,868,131</b>	<b>2,909,109</b>

## 15A Support Costs

		Group					
Basis of apportionment		Expenditure on raising funds	Expenditure on Charitable Activities	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Total
		2025	2025	2025	2024	2024	2024
		£	£	£	£	£	£
Bank charges	Nature of expense	-	108,184	108,184	-	128,185	128,185
Office and administration staff (Note 15C)	Pro-rata by expenditure	6,095	188,753	194,848	2,959	236,180	239,139
Exchange loss	Nature of expense	-	10,374	10,374	-	3,067	3,067
Depreciation	On the basis of use	-	2,688	2,688	-	3,409	3,409
Loss on disposal of fixed assets	On the basis of use	-	-	-	-	1,445	1,445
Equipment repair expenses	On the basis of use	-	-	-	-	5,374	5,374
Hire purchase interest	On the basis of use	-	380	380	-	888	888
Insurance	Pro-rata by expenditure	479	14,846	15,325	206	16,452	16,658
IT and communication costs	Pro-rata by expenditure	7,117	220,397	227,514	3,191	254,650	257,841
		<b>13,691</b>	<b>545,622</b>	<b>559,313</b>	<b>6,356</b>	<b>649,650</b>	<b>656,006</b>

		Charity					
Basis of apportionment		Expenditure on raising funds	Expenditure on Charitable Activities	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Total
		2025	2025	2025	2024	2024	2024
		£	£	£	£	£	£
Bank charges	Nature of expense	-	70,451	70,451	-	78,742	78,742
Office and administration staff (Note 15C)	Pro-rata by expenditure	5,226	165,621	170,847	2,248	124,881	127,129
Exchange loss	Nature of expense	-	272	272	-	1,645	1,645
Depreciation	On the basis of use	-	2,688	2,688	-	3,409	3,409
Loss on disposal of fixed assets	On the basis of use	-	-	-	-	1,445	1,445
Equipment repair expenses	On the basis of use	-	-	-	-	4,781	4,781
Hire purchase interest	On the basis of use	-	380	380	-	888	888
Insurance	Pro-rata by expenditure	469	14,856	15,325	295	16,363	16,658
IT and communication costs	Pro-rata by expenditure	6,688	211,952	218,640	4,444	246,881	251,325
		<b>12,383</b>	<b>466,220</b>	<b>478,603</b>	<b>6,987</b>	<b>479,035</b>	<b>486,022</b>

## Notes to the Consolidated Accounts for the year ended 31 May 2025

## 15B Governance Costs

Basis of apportionment		Group					
		Expenditure on raising funds	Expenditure on Charitable Activities	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Total
		2025	2025	2025	2024	2024	2024
		£	£	£	£	£	£
Auditor's Fees	Pro-rata by expenditure	820	25,400	26,220	309	24,691	25,000
Accountancy fees	Pro-rata by expenditure	87	2,686	2,773	168	13,446	13,614
Legal and Professional Fee	Pro-rata by expenditure	2,032	62,921	64,953	515	41,083	41,598
		<b>2,939</b>	<b>91,007</b>	<b>93,946</b>	<b>992</b>	<b>79,220</b>	<b>80,212</b>

Basis of apportionment		Charity					
		Expenditure on raising funds	Expenditure on Charitable Activities	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Total
		2025	2025	2025	2024	2024	2024
		£	£	£	£	£	£
Auditor's Fees	Pro-rata by expenditure	481	15,239	15,720	265	14,735	15,000
Legal and Professional Fee	Pro-rata by expenditure	1,903	60,303	62,206	533	29,587	30,120
		<b>2,384</b>	<b>75,542</b>	<b>77,926</b>	<b>798</b>	<b>44,322</b>	<b>45,120</b>

## 15C Staff Costs

Basis of apportionment		Group							
		Expenditure on raising funds	Expenditure on Charitable Activities	Allocable to support costs	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Allocable to support costs	Total
		2025	2025	2025	2025	2024	2024	2024	2024
		£	£	£	£	£	£	£	£
Salaries	On the basis of time spent	53,458	213,833	174,012	441,303	28,665	114,660	216,268	359,593
Social Security Costs		3,365	13,461	16,873	33,699	3,551	14,202	17,814	35,567
Pension costs		794	3,176	3,963	7,933	977	3,910	5,057	9,944
<b>Total</b>		<b>57,617</b>	<b>230,470</b>	<b>194,848</b>	<b>482,935</b>	<b>33,193</b>	<b>132,772</b>	<b>239,139</b>	<b>405,104</b>

Basis of apportionment		Charity							
		Expenditure on raising funds	Expenditure on Charitable Activities	Allocable to support costs	Total	Expenditure on raising funds	Expenditure on Charitable Activities	Allocable to support costs	Total
		2025	2025	2025	2025	2024	2024	2024	2024
		£	£	£	£	£	£	£	£
Salaries	On the basis of time spent	38,539	154,155	150,012	342,706	28,665	114,660	109,511	252,836
Social Security Costs		3,365	13,461	16,873	33,699	3,551	14,202	14,527	32,280
Pension costs		794	3,176	3,963	7,933	977	3,910	3,091	7,978
<b>Total</b>		<b>42,698</b>	<b>170,792</b>	<b>170,848</b>	<b>384,338</b>	<b>33,193</b>	<b>132,772</b>	<b>127,129</b>	<b>293,094</b>

## 16 Related parties

## Name of related party and relationship

Name	Relationship
Ishalife Limited (incorporated in England, UK)	100% subsidiary
Isha Foundation Inc, USA	Sole member of charity
IshaLife Private Limited, India	Having significant influence over operation of the subsidiary company

All intra-group balances and transactions have been eliminated on consolidation including intercompany loans, staff costs and warehouse costs recharges, stock recharges and donation.

At the balance sheet date, amounts due to related parties other than subsidiary undertakings totalled £58,400 (2024: £58,400). These balances were unsecured, interest-free and repayable on demand unless otherwise stated.

During the year, the charity received services from related parties other than subsidiary undertakings amounting to £Nil (2024: £39,748). These transactions were conducted on terms equivalent to those prevailing in arm's length transactions.

## 17 Trustees' remuneration and expenses

No Trustee received any remuneration during the year (2024 - £nil). Trustees received reimbursement of expenses of £nil during the year (2024 - £nil).

## 18 Ultimate controlling party

For the whole of the year, the charity was under the control of the Directors and Trustees as shown on page 1.