



Trustees' Annual Report for the period

From

Period start date

To

Period end date

Day
01
Month
04
Year
2020

Day
31
Month
03
Year
2021

Section A

Reference and administration details

Charity name

IYENGAR YOGA CENTRE for ESSEX

Other names charity is known by

IYCE

Registered charity number (if any)

1161362

Charity's principal address

154 Long Brandocks

Writtle

Chelmsford

Postcode
CM1 3JR

Names of the charity trustees who manage the charity

Trustee name
Office (if any)
Dates acted if not for whole year
Name of person (or body) entitled to appoint trustee (if any)

Susan Jane Long
Chair

1

Michael Paul Brown

2

Claire Elizabeth Hanrahan
Secretary

3

Sharon Murphy

4

Michelle Galliano

5

Nicola Jane Hollas

6

Stephannie Percy
Treasurer

7

Sandra Hitchcock

8

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name

Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser

Name

Address

Name of chief executive or names of senior staff members (Optional information)

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

FOUNDATION CONSTITUTION

How the charity is constituted
(eg. trust, association, company)

CIO

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ELECTED BY EXISTING TRUSTEES - MUST BE A QUALIFIED AND REGISTERED IYENGAR YOGA TEACHER

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

IYCE REMAINED AN AFFILIATED CENTRE TO IYENGAR YOGA (UK), THE NATIONAL IYENGAR YOGA ORGANISATION

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To advance public education and understanding of the classical teachings of all aspects of Iyengar yoga in Essex including the study and practice of therapeutic effects of yoga as a means of improving physical, mental, emotional and spiritual health.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

1) To promote public education

Workshops and yoga events designed to provide an opportunity for students of various levels to learn, experience, and deepen their understanding of Iyengar Yoga were limited to online events due to Covid restrictions.

General information about Iyengar Yoga for members of the public and information about classes in Essex is available on the IYCE website. Information requested by members of the public was provided by email, text and telephone. It included advising individuals about appropriate classes taking account of their yoga experience, or lack of it, and any health problems they had. Individual students were provided with advice and information by email and telephone.

2) Provision of dedicated space

Trustees suspended the search for suitable premises where classes, training, therapeutic work and teacher training can be conducted in appropriately equipped premises due to Covid-19.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

The events organised this year were restricted due to the Covid-19 lockdowns.

- Our planned weekend in April with Jayne Orton was cancelled. We were able to reschedule it as an online event for 31 October and 1 November.
- Some of our teachers provided online classes

The three students continued to become teachers through the mentoring programme. Much of this work had to be done online due to the lockdowns.

The Teachers' Support Group was curtailed by the lockdowns in 2020 and 2021.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

- 1 Provision of workshops and yoga events – see above
- 2 Provision of advice and information about Iyengar Yoga to members of the public – see above

Section E

Financial review

Brief statement of the charity's policy on reserves

Opening balance at the start of the financial year £30,203
Balance Financial Year end £30,863

Reserves will be used to further charitable objects

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Gains from subscriptions £24 (Subscription fees were waived due to Covid-19)

Gains from donations £1172

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

S J Long

S J Percy

Susan Jane Long
Stephannie Percy

Chair
Treasurer

Position (eg Secretary, Chair, etc)

Date



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name (IYCE)
SYNGAR YOGA CENTRE FORRESSEX No (if any)
1161362

Receipts and payments accounts

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For the period from 11/4/20 To 31/3/21

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
EQUIPMENT	387 -	-	-	387 -	-
DONATIONS - WORKSHOPS	845 -	-	-	845 -	-
- GENERAL	307 -	-	-	307 -	-
- SUBS	24 -	-	-	24 -	-
TRAINING -	20 -	-	-	20 -	-
HALL - REIMBURSEMENT	358 -	-	-	358 -	-
	-	-	-	-	-
Sub total (Gross income for AR)	1941 -	-	-	1941 -	-
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1941 -	-	-	1941 -	-
A3 Payments					
WORKSHOPS - TEACHER FEES	500 -	-	-	500 -	-
- REFUNDS	200 -	-	-	200 -	-
EQUIPMENT	78 -	-	-	78 -	-
ROYAL MAIL	353 -	-	-	353 -	-
MEMBERSHIP FEES	150 -	-	-	150 -	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1281 -	-	-	1281 -	-
A4 Asset and investment purchases, (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1281 -	-	-	1281 -	-
Net of receipts/(payments)	660 -	-	-	660 -	-
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	27561 -	2642 -	-	30203 -	-
Cash funds this year end	28221 -	2642 -	-	30863 -	-