



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day	Month	Year		Day	Month	Year
	01	04	2021		31	03	2022

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)
1	Susan Jane Long	Chair		
2	Michael Paul Brown			
3	Claire Elizabeth Hanrahan	Secretary		
4	Sharon Murphy			
5	Michelle Galliano			
6	Nicola Jane Hollas			
7	Stephannie Percy	Treasurer		
8	Sandra Hitchcock			
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

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

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

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

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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
Trustee selection methods (eg. appointed by, elected by)	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.

- A workshop was held to celebrate National Iyengar Yoga day. This was taught by two of the Essex teachers, Nichola Hollas and Larane Sullivan
- Some of our teachers provided online classes

Two students continued to prepare to become teachers through the mentoring programme. Some of this work had to be done online due to the lockdowns but towards the latter part of the year face to face teaching was possible.

The Teachers' Support Group was able to operate in the second half of 2021.

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 £30,863
Balance Financial Year end £31,262

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 £0 (Subscription fees were waived due to Covid-19)


Section F Other optional information

Section G Declaration

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

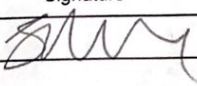
Signed on behalf of the charity's trustees

Signature(s)	S J Long	S J Percy
Full name(s)	Susan Jane Long	Stephannie Percy
Position (eg Secretary, Chair, etc)	Chair	Treasurer
Date	August 2022	

 CHARITY COMMISSION FOR ENGLAND AND WALES	Charity Name IVENGAR YOGA CENTRE FOR ESSEX		No (if any) 1161362		CC16a	
	Receipts and payments accounts					
	For the period from 1/4/21	Period start date	To 31/3/22	Period end date		

Section A Receipts and payments					
	Unrestricted funds	Restricted funds	Endowment funds	Total funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts					
DONATIONS	1198 -0	-	-	1198 -	-
EQUIPMENT	1646 -0	-	-	1646 -	-
FIRST AID COURSE	705 -0	-	-	705 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total (Gross income for AR)	3549 -0	-	-	3549 -	-
A2 Asset and investment sales, (see table).					
	-0	-0	-0	-	-
	-0	-0	-0	-	-0
Sub total	-0	-0	-0	-	-0
Total receipts	3549 -0	-0	-0	3549 -	-0
A3 Payments					
AFFILIATED FEES	150 -0	-	-	150 -	-
EQUIPMENT	1221 -0	-	-	1221 -	-
HALL FEES	869 -0	-	-	869 -	-
TEACHER FEES	250 -0	-	-	250 -	-
FIRST AID COURSE	660 -0	-	-	660 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total	3150 -0	-	-	3150 -	-
A4 Asset and investment purchases, (see table)					
	-0	-0	-0	-	-
	-0	-0	-0	-	-
Sub total	-0	-0	-0	-	-0
Total payments	-0	-0	-0	-	-0
Net of receipts/(payments)	-0	-	-	-	-
A5 Transfers between funds	-0	-	-	-	-
A6 Cash funds last year end	28221 -0	2642 -	-	30863 -	-
Cash funds this year end	28620 -0	2642 -	-	31262 -	-

Section B Statement of assets and liabilities at the end of the period				
Categories	Details	Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B1 Cash funds	LLOYDS BANK	28620 -	2642 -	0 -
		-	-	-
		-	-	-

	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	OK	OK	OK
		Unrestricted funds	Restricted funds	Endowment funds
		to nearest £	to nearest £	to nearest £
B2 Other monetary assets	Details	-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval	
		STEPHANIE PERCY		