



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2022		Day 31	Month 03	Year 2023

Section A Reference and administration details

Charity name

Other names charity is known by

Registered charity number (if any)

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		1.4.22 – 31.7.22	
3	Claire Elizabeth Hanrahan			
4	Sharon Murphy	Secretary		
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

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

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

- parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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
During the previous year the Trustees suspended the search for suitable premises where classes, training, therapeutic work and teacher training could be conducted due to Covid-19. In view of the current financial environment and the international changes that have been made to the way teachers are trained the Trustees not to pursue this further.

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 as follows –

- A teachers Professional Development Day with Susan Long in September 2022
- A weekend course with Jayne Orton advanced teacher from Birmingham in October 2022
- Free classes were held in 6 locations throughout Essex to mark National Iyengar Yoga day in January
- A Yoga Day with Brenda Booth senior teacher from Kent, March

Two students continued to prepare to become teachers through the mentoring programme.

The Teachers' Support Group was took place throughout the year.

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 £31,262
Balance Financial Year end £33,578

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.

Subscriptions were waived due to Covid-19. Trustees decided to continue without subscriptions for the future.

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

May 2023



CHARITY COMMISSION
FOR ENGLAND AND WALES

YENJAR YOGA CENTRE FOR ESSEX

1161362

Receipts and payments accounts

CC16a

For the period
from

Period start date
11/4/22

To

Period end date
31/3/23

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					
EQUIPMENT	588 -0	-	-	588 -	-
WORKSHOP DONATIONS	5455 -0	-	-	5455 -	-
DONATIONS	230 -0	-	-	230 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total (Gross income for AR)	6273 -0	-	-	6273 -	-
A2 Asset and investment sales, (see table).					
	0 -0	-0	-0	-	-
	0 -0	-0	-0	-	-0
Sub total	0 -0	-0	-0	-	-0
Total receipts	6273 -0	-0	-0	6273 -	-0
A3 Payments					
EQUIPMENT	723 -0	-	-	723 -	-
FEES IYAYUK	150 -0	-	-	150 -	-
HALL FEES	536 -0	-	-	536 -	-
TEACHER FEES	2065 -0	-	-	2065 -	-
OTHER	483 -0	-	-	483 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total	3957 -0	-	-	3957 -	-
A4 Asset and investment purchases, (see table)					
	0 -0	-0	-0	-	-
	0 -0	-0	-0	-	-
Sub total	0 -0	-0	-0	-	-0
Total payments	3957 -0	-0	-0	-	-0
Net of receipts/(payments)	2316 -0	-	-	-	-
A5 Transfers between funds	0 -0	-	-	-	-
A6 Cash funds last year end	28620 -0	2642 -	-	31262 -	-
Cash funds this year end	30936 -0	2642 -	-	33578 -	-

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	30936 -	2642 -	0 -
		-	-	-

03/05/2023