



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2023		Day 31	Month 03	Year 2024

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	Vashti Davis		From October 2023 -	
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)

--

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)

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.

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.

Information is also provided on social media platforms.

Support the training of potential new Iyengar Yoga Teachers and the ongoing support of existing Iyengar Yoga Teachers.

Additional details of objectives and activities (Optional information)

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

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

The events organised this year were as follows –

- A teachers Professional Development Day for teachers with Susan Long in September 2023
- A Yoga Day with Judi Sweeting and Tig Whattler in October 2023
- Free classes were held in Chelmsford, Highwood and Orsett to mark National Iyengar Yoga day in January 2024
- A Yoga Day with Nikki Hollas and Sandra Hitchcock in March 2024

The two students preparing to become teachers through the mentoring programme took their assessment in Edinburgh in December 2023. We have two more qualified teachers in Essex.

The Teachers' Support Group continued throughout the year.

In addition three of the Trustees taught a yoga day to help raise funds for other charities:

- A day with Susan Long for the Turkiye/Syria Earthquake Appeal in April 2023
- A day with Nikki Hollas and Sandra Hitchcock for the Unstoppable Foundation on 10 March 2024

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 £33,578
Balance Financial Year end £34,112

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.

IYCE Supporters receive information about Iyengar Yoga in Essex. There is no subscription for this.

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

April 2024



CHARITY COMMISSION
FOR ENGLAND AND WALES

Charity Name
IYENGAR YOGA CENTRE FOR ESSEX

No (if any)
1161362

Receipts and payments accounts

CC16a

For the period
from

Period start date
1/4/23

To

Period end date
31/3/24

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	384 -0	-	-	384 -	-
WORKSHOP DONATIONS	2750 -0	-	-	2750 -	-
DONATIONS	418 -0	-	-	418 -	-
FUNDRAISING OTHER CHARITIES	2100 -0	-	-	2100 -	-
OTHER	45 -0	-	-	45 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total (Gross income for AR)	5697 -0	-	-	5697 -	-
A2 Asset and investment sales, (see table).					
	-0	-0	-0	-	-
	-0	-0	-0	-	-0
Sub total	-0	-0	-0	-	-0
Total receipts	-0	-0	-0	-	-0
A3 Payments					
EQUIPMENT	667 -0	-	-	667 -	-
HALL FEES	625 -0	-	-	625 -	-
TEACHER FEES	980 -0	-	-	980 -	-
FUNDRAISING OTHER CHARITIES	2048 -0	-	-	2048 -	-
GOOGLE INVOICES	72 -0	-	-	72 -	-
OTHER	770 -0	-	-	770 -	-
	-0	-	-	-	-
	-0	-	-	-	-
	-0	-	-	-	-
Sub total	5162 -0	-	-	5162 -	-
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	30936 -0	2642 -	-	33578 -	-
Cash funds this year end	31471 -0	2642 -	-	34113 -	-

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	LLOYDS BANK	31471 -	2642 -	-
		-	-	-

03/05/2023