



Trustees' Annual Report for the period

From	Period start date		Period end date			
	Day 01	Month 04 To	Year 2024	Day 31	Month 03	Year 2025

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	Secretary		

	3	Claire Elizabeth Hanrahan			
	4	Sophie Reynolds			
	5	Agipelika Giddings			
	6				
	7				
	8				
	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 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)

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 –

- Yoga Day with Pixie Lillas Senior Teacher from Australia June 2024
- Exchange of Learning Day (Professional Development Day for teachers) with Susan Long in September 2024
- Yoga Weekend with Jayne Orton, Advanced Teacher, October 2024
- National Iyengar Yoga Day events- including free trial classes in Chelmsford, Felsted, Highwood and General Class and Restorative Class in Highwood. These classes were taught by Essex Teachers Claire Hanrahan, Agipelika Giddings, Denise Mehlman, Michelle Galliano and Susan Long
- Yoga Weekend with Lydia Holmes and Edgar Stringer March 2025

The Teachers' Support Group continued throughout the year.



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 £34,112
Balance Financial Year end £35,828

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

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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 2025



CHARITY COMMISSION
FOR ENGLAND AND WALES

IYENGAR YOGA CENTRE FOR ESSEX

No (if any)

1161362

Receipts and payments accounts

For the period
from

Period start date

1/4/24

To

Period end date

31/3/25

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Endowment funds	Total funds
	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts				
WORKSHOP DONATIONS	8,918	-	-	8,918
DONATIONS	75	-	-	75
EQUIPMENT	1,199	-	-	1,199
T-SHIRTS	2,568	-	-	2,568
FUNDRAISING - OTHER CHARITIES	- 0	-	-	-
OTHER	- 0	-	-	-
	- 0	-	-	-
Sub total (Gross income for AR)	12,760	-	-	12,760
A2 Asset and investment sales, (see table).				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total receipts	12,760	- 0	- 0	12,760
A3 Payments				
EQUIPMENT	902	-	-	902
T-SHIRTS	2,909	-	-	2,909
HALL FEES	1,656	-	-	1,656
TEACHER FEES	4,299	-	-	4,299
REFRESHMENTS	268	-	-	268
TEACHER HALL FEES	82	-	-	82
AFFILIATED FEES	10	-	-	10
REPAYMENT/REFUNDS	205	-	-	205
FIRST AID COURSE	714	-	-	714
FUNDRAISING - OTHER CHARITIES	- 0			
GOOGLE INVOICES	- 0			
OTHER	- 0			
Sub total	11,045	-	-	11,045
A4 Asset and investment purchases, (see table)				
	- 0	- 0	- 0	-
	- 0	- 0	- 0	-
Sub total	- 0	- 0	- 0	-
Total payments	11,045	- 0	- 0	11,045
Net of receipts/(payments)	1,715	-	-	1,715
A5 Transfers between funds	- 0	-	-	-
A6 Cash funds last year end	31,471	2,642	-	34,113
Cash funds this year end	33,186	2,642	-	35,828

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

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
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B1 Cash funds	LLOYDS BANK	33,186	2,642
		-	-
		-	-
	Total cash funds	33,186	2,642
	(agree balances with receipts and payments account(s))	OK	OK
		Unrestricted funds	Restricted funds
	Details	to nearest £	to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-
	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-
	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-
Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	
	STEPHANNIE PERCY	STEPHANNIE PERCY	

CC16a
Last year
to the nearest £
2,750
418
384
-
2,100
45
-
-
5,697
- 0
- 0
5,697
667
625
980
-
-
-
-
-
2,048
72
770
5,162
- 0
5,162
535
-
-
535
Endowment funds
to nearest £

-
-
-
-
OK
Endowment funds
to nearest £
-
-
-
-
-
-
Current value (optional)
-
-
-
-
-
Current value (optional)
-
-
-
-
-
-
-
-
-
When due (optional)
Date of approval