

TEEN YOGA FOUNDATION

England & Wales · Charity number 1165236

Details

Status Registered

Legal form CIO

Registered 2016-01-20

Register [View on the Charity Commission register](#)

Contact

Address Inglesbatch Farmhouse
Dates Back Lane
Inglesbatch
Bath
BA2 9DZ

Phone 07813782023

Email info@teenyogafoundation.com

Website www.teenyogafoundation.com

Activities

Objects: FOR THE PUBLIC BENEFIT TO ADVANCE THE EDUCATION OF THE PUBLIC IN THE PRACTICE OF AND RESEARCH INTO THE THERAPEUTIC EFFECTS OF YOGA AS A MEANS OF IMPROVING THE MENTAL AND PHYSICAL HEALTH OF YOUNG PEOPLE AND TO PUBLISH THE USEFUL RESULTS OF ANY SUCH RESEARCH

Activities: Spreading the practice of yoga among young people, especially the disadvantaged. Contributing to research into the benefits of yoga for young people. Promoting the integration of yoga into educational and youth contexts Supporting the teen yoga community. International aid work

Classification

- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£56,675	£37,839	-	-
2024-03-31	£33,029	£39,885	-	-
2023-03-31	£57,938	£55,305	-	-
2022-03-31	£82,233	£100,812	-	-
2021-03-31	£111,270	£101,900	-	-

Trustees

Name	Role	Appointed
Anasua Sarkar Roy		2019-04-20
Anjli Patel		2024-11-01
Dr Chu Yin Stanford Wong		2023-12-15
Dr Jo Barker		2018-05-01
Eleanor Clare Bromley		2024-11-01
Winston Charles Thomas		2021-05-28

TEEN YOGA FOUNDATION

England & Wales - Charity number 1165236

Accounts

Teen Yoga Foundation

Report and Accounts

31 March 2025

Charity number: 1165236

**Teen Yoga Foundation
Report and accounts
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Teen Yoga Foundation Company Information

Trustees

Dr Jo Barker
Anasua Sarkar Roy
Annessa Rebar
Amina Smith-Gul
Winston Charles Thomas

Principal address

Redhill House
Red Hill
Camerton
Bath
BA2 0NY

Independent Examiner

Neil Stanley

Bankers

Barclays Bank Plc
Leicestershire
LE87 2BB

Charity number

1165236

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2025

Objectives and Activities

Purpose

- (1) Spreading the practice of yoga among teenagers and young people, especially the disadvantaged.
- (2) Contributing to the growing evidence base for the benefits of yoga for young people's well-being through research and the curation of research results.
- (3) Promoting the practice of and integration of yoga into educational and youth contexts through a variety of different means.
- (4) Supporting the teen yoga community, by providing face to face and online spaces for the sharing of resources, information and ideas among practitioners.
- (5) International aid work through initiatives both within and outside the UK that focus on improving the well-being of disadvantaged young people.

Activities

In this year, we focused on the following activities:

On spreading of the practice of yoga, we ran 2 online courses and 1 face to face course during this time, with a greater focus on medical and teaching personnel which is where the growth in interest is located. This was in line with the previous year. The effects of the pandemic which led to many yoga teachers leaving the profession and the ongoing cost of living crisis in the UK have reduced the number of applicants to our courses. We also continued to collaborate with London Youth, offering a second iteration of our Talking Circles course, once more reaching over 70 youth workers across London and over 700 young people. We also ran several bespoke CPD courses for schools across the UK training teachers to share yoga. We started to explore ways to improve our online offering, both by updating the main course and by developing standalone online courses. This will take shape in 25/26.

In the research context we lacked the funding to undertake any significant research projects ourselves but continue to gather feedback from our graduates on the impact of the yoga among young people, some of them running their own research projects within their contexts. We continued work on a project with the Statisticians Society to explore indicators of the social impact of yoga for young people this has been delayed by the lack of availability of volunteers at the Statisticians Society.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2025

Activities (continued)

The main focus of our work to promote the integration of the practice of yoga in youth contexts continued to be the course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. The 10 week online version of the course continues to be our central activity. It continues to show very high results from student feedback. Due to the general election our work in Parliament was placed on hold and initial contacts were resumed in early 2025 with our new MP, Anna Sabine.

Our work to support the teen yoga community involved ongoing work through our website and our different social media channels such as Twitter, Instagram, Linked In and Facebook, to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. The Monthly Themes work continues to be a significant support to existing graduates and also a resource for future students and others working with young people.

Lastly our solidarity work continues to focus on the disadvantaged and on the needs of schools that do not have funds to provide yoga to their students. This strategic pivot was in fact planned before the lockdown made it even more necessary. We also received funding from the Quartet Foundation to provide yoga for disadvantaged young people in the BANES area.

Trustees

Trustees are appointed by the Board of Trustees for life. Where there is a requirement for new trustees, they would be identified and appointed by the existing trustees. The trustees have had due regard to the guidance issued by the Charity Commission on public benefit. This year new trustees Anjali Patel and Elli Bromley joined the Board.

Contribution made by volunteers

Volunteers play an important role and for most of the year the entire activity of the charity was carried out by volunteers in the organisation of the charity's work, fundraising activity, publicity activity, the organisation and the creation of research proposals. At this stage of the charity's development their contribution continues to be fundamental.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2025

Achievements

Our spreading of the practice of yoga continued to focus principally on increasing our network of teachers in the UK and other countries who bring yoga into schools and other contexts. This included the majority of schools in BANES, our direct catchment area and by the end of the period had grown to more than 2000 yoga teachers, school teachers, counsellors, psychotherapists and youth workers across the UK and their students. The work of training and supporting this network is an important part of the spread of yoga for young people.

In the research context we worked to curate and make available online the existing research in the field, and its implications and conclusions, to teachers and other stakeholders as part of our work to promote the practice. We also attended the first workshop of the UK Yoga Network at Westminster University and other online conferences and seminars in the UK and US on yoga in schools, thus participating actively in the research conversation.

The main focus of work to promote the integration of the practice of yoga in youth contexts involved the online course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. Our work to support the teen yoga community involved ongoing work through our website and other online channels such as our Facebook group, Twitter, Instagram and regular newsletters to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. We have over 10,000 followers on Twitter, Instagram, Facebook and YouTube.

Fundraising activity continues to be a considerable challenge. The fundraising climate is very difficult in the UK at present. Though our main sources of income, the teacher training course and the funded activity in schools, allowed us to maintain those activities successfully, we continue to find it challenging to raise funds, especially core funding. We have been working to refine our messaging to funders, and the structure of our website to improve our reach and in the second half of the year carried out a process of reflection to look for ways to improve our work and diversify our income streams. The plans set out which include different actions across all our domains of activity are being carried out throughout 2025.

Financial Review

It is hoped that future reports will provide details of continued successful fundraising opportunities and improve the cashflow and potential reserve-holding of the charity. The charity's principal sources of funds continue to be from our training activity, some donations and other sources under

Risks

The main risks involve not achieving our fundraising goals. The charity is viewed positively, it has achieved a lot, and receives a lot of interest.. The Teen Yoga book continues to sell well and provide some revenue.

Teen Yoga Foundation

Charity number: 1165236

**Trustees report
For the year ended 31 March 2025**

Structure, Governance and Management

The charity is registered by the Charities Commission registration number 1165236 and is governed by its Articles of Association.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by the board of trustees on:

and signed on its behalf by:

Anasua Sarkar Roy

Acting Chairperson

Teen Yoga Foundation

Charity number:

1165236

Independent examiner's report to the trustees of Teen Yoga Foundation

I report on the accounts of Teen Yoga Foundation for the year ended 31st March 2025.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- a) to keep accounting records in accordance with section 130 of the 2011 Act; and
- b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name:

Date:

Teen Yoga Foundation
Statement of Financial Activities
for the year ended 31 March 2025

	Note	Unrestricted Funds 2025 £	Restricted Funds 2025 £	Total Funds 2025 £	Total Funds 2024 £
Incoming resources:					
Donations and legacies		13,501	-	13,501	15,847
Charitable activities		42,348	-	42,348	15,401
Other trading activities		826	-	826	1,781
		<hr/>	<hr/>	<hr/>	<hr/>
Total incoming resources		56,675	-	56,675	33,029
Resources expended:					
Cost of raising funds:					
Charitable activities		36,626	-	36,626	38,586
Governance costs		1,213	-	1,213	1,299
		<hr/>	<hr/>	<hr/>	<hr/>
Total resources expended	5	37,839	-	37,839	39,885
Net (outgoing)/incoming resources		18,836	-	18,836	(6,856)
Reconciliation of funds					
Total funds brought forward		(8,726)	-	(8,726)	(1,870)
		<hr/>	<hr/>	<hr/>	<hr/>
Total funds carried forward		10,110	-	10,110	(8,726)

**Teen Yoga Foundation
Balance Sheet
as at 31 March 2025**

	Note	2025 £	2024 £
Current assets			
Debtors and prepayments	2	6,703	1,420
Cash at bank and in hand		16,445	3,589
		<u>23,150</u>	<u>5,011</u>
Creditors: amounts falling due within one year			
	3	(13,040)	(13,737)
Net current assets/(liabilities)		<u>10,110</u>	<u>(8,726)</u>
Net assets/(liabilities)		<u>10,110</u>	<u>(8,726)</u>
Funds			
	4		
Unrestricted Funds		10,110	(8,726)
Restricted funds		-	-
Total funds		<u>10,110</u>	<u>(8,726)</u>

These financial statements were approved by the Trustees on

.....

Signed, on behalf of the Trustees

.....

Name

Anasua Sarkar Roy

Position

Acting Chairperson

**Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2025**

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified.

The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

**Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2025**

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

2 Debtors			2025	2024	
			£	£	
Trade debtors			3,550	1,420	
Other debtors			3,153	-	
			<u>6,703</u>	<u>1,420</u>	
3 Creditors: amounts falling due within one year			2025	2024	
			£	£	
Trade creditors			2,584	986	
Other taxes and social security costs			122	321	
Other loans			10,334	12,430	
			<u>13,040</u>	<u>13,737</u>	
4 Movement in funds					
	1st April	Received	Utilised in	Balance	31st March
	2024	in year	year	transfers	2025
	£	£	£	£	£
Unrestricted funds					
General fund	(8,726)	56,675	(37,839)	-	10,110
Total funds	<u>(8,726)</u>	<u>56,675</u>	<u>(37,839)</u>	<u>-</u>	<u>10,110</u>

**Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2025**

5 Resources expended	Charitable Activities £	Governance Costs £	Total 2025 £	Total 2024 £
Teaching and retreat costs	5,422	-	5,422	1,518
Staff costs and administration	12,641	-	12,641	12,178
Advertising and website costs	8,860	-	8,860	11,774
Repairs and renewals	2,531	-	2,531	1,107
Conference fees and flights	6,347	-	6,347	7,840
Independent examiners fees	-	-	-	-
Bookkeeping	-	928	928	965
Legal & professional fees	-	133	133	200
Printing, postage and stationery	226	-	226	489
Telephone and internet	226	-	226	1,033
Yoga clothing for resale	96	-	96	2,517
Bank fees and interest	277	-	277	130
Insurance	-	152	152	134
	36,626	1,213	37,839	39,885

6 Employee information	2025	2024
Average number of employees	<u>2</u>	<u>3</u>
Staff Costs		
Wages and Salaries	12,440	11,650
Staff training	201	528
Employers National Insurance	<u>-</u>	<u>-</u>

No employees received remuneration exceeding £60,000.

Trustees information

Trustees remuneration and expenses	<u>-</u>	<u>-</u>
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7 Related party transactions

There were no related party transactions during the year.

Teen Yoga Foundation
Detailed Statement of financial activities
for the year ended 31 March 2025

	2025		2024
	£		£
Incoming resources			
Donations and legacies	13,501		15,847
Charitable activities			
EU Yoga Courses	11,150	-	
UK Yoga Courses	29,698	15,401	
Yoga for Schools	1,500	-	
	<hr/>	<hr/>	
	42,348		15,401
Other trading activities			
Sales of yoga clothing and books	826		1,781
Total Incoming resources	<hr/> 56,675 <hr/>		<hr/> 33,029 <hr/>
Expenditure			
Costs of generating charitable income including venue hire	1,053		503
Teaching and supervision	2,749		1,015
Retreat costs	1,620		-
Yoga clothing and books for resale	96		2,517
Advertising, Marketing and Website costs	8,860		11,774
Accountancy fees	928		965
Bank Fees	239		123
Consulting	100		200
Postage, Freight & Courier	108		290
Insurance	152		134
Interest Paid	38		7
Legal expenses	33		
Printing & Stationery	118		199
IT Software and Consumables	970		567
Repairs & Maintenance	614		70
Salaries	12,440		11,650
Staff Training	201		528
Subscriptions	947		470
Telephone & internet	226		1,033
Travel - National	5,655		7,682
Travel - International	692		158
Total expenditure	<hr/> 37,839 <hr/>		<hr/> 39,885 <hr/>
Net (deficit)/surplus	<hr/> 18,836 <hr/>		<hr/> (6,856) <hr/>

Teen Yoga Foundation

Charity number: 1165236

Trustees report

For the year ended 31 March 2025

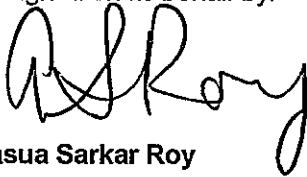
Structure, Governance and Management

The charity is registered by the Charities Commission registration number 1165236 and is governed by its Articles of Association.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by the board of trustees on:

and signed on its behalf by:



Anasua Sarkar Roy

Acting Chairperson

Teen Yoga Foundation

Charity number:

1165236

Independent examiner's report to the trustees of Teen Yoga Foundation

I report on the accounts of Teen Yoga Foundation for the year ended 31st March 2025.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

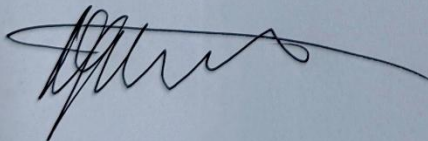
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- a) to keep accounting records in accordance with section 130 of the 2011 Act; and
- b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name: **NEIL STANLEY**

Date: **28/7/25**

**Teen Yoga Foundation
Balance Sheet
as at 31 March 2025**

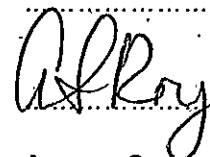
	Note	2025 £	2024 £
Current assets			
Debtors and prepayments	2	6,703	1,420
Cash at bank and in hand		16,445	3,589
		<u>23,150</u>	<u>5,011</u>
Creditors: amounts falling due within one year			
	3	(13,040)	(13,737)
Net current assets/(liabilities)		<u>10,110</u>	<u>(8,726)</u>
Net assets/(liabilities)		<u>10,110</u>	<u>(8,726)</u>
Funds			
	4		
Unrestricted Funds		10,110	(8,726)
Restricted funds		-	-
Total funds		<u>10,110</u>	<u>(8,726)</u>

These financial statements were approved by the Trustees on

Signed, on behalf of the Trustees

Name

Position



Anasua Sarkar Roy

Acting Chairperson

TEEN YOGA FOUNDATION

England & Wales - Charity number 1165236

Accounts

Teen Yoga Foundation Report and Accounts

31 March 2024

Charity number: 1165236

Teen Yoga Foundation

Report and Accounts

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Company Information

Trustees

Dr Jo Barker

Anasua Sarkar Roy

Nikki Lewis

Amina Smith-Gul

Winston Charles Thomas

Principal address

Redhill House

Red Hill

Camerton

Bath

BA2 0NY

Bankers

Barclays Bank Plc

Leicestershire

LE87 2BB

Charity number

1165236

Independent Examiner

Neil Stanley

Trustees Report

For the year ended 31st March 2024

Objectives and Activities

Purpose

- (1) Spreading the practice of yoga among teenagers and young people, especially the disadvantaged.
- (2) Contributing to the growing evidence base for the benefits of yoga for young people's well-being through research and the curation of research results.
- (3) Promoting the practice of and integration of yoga into educational and youth contexts through a variety of different means.
- (4) Supporting the teen yoga community, by providing face to face and online spaces for the sharing of resources, information and ideas among practitioners.
- (5) International aid work through initiatives both within and outside the UK that focus on improving the well-being of disadvantaged young people.

Activities

In this year, we focused on the following activities:

On spreading of the practice of yoga, we ran 2 online courses and 1 face to face course during this time, aimed largely at medical and teaching personnel. This was a reduction in relation to the previous year due to the cost of living crisis in the UK. We also continued to collaborate with London Youth, offering a second iteration of our Talking Circles course reaching 70 youth workers across London and 700 young people. We also ran several bespoke CPD courses for schools across the UK training teachers to share yoga. We carried on working on our plans to deliver more CPDs with specialists in their areas, but due to the economic climate held back on launching these yet.

In the research context we lacked the funding to undertake any significant research projects ourselves but continue to gather feedback from our graduates on the impact of the yoga among young people, some of them running their own research projects within their contexts. We began a project with the Statisticians Society to explore indicators of the social impact of yoga for young people.

The main focus of our work to promote the integration of the practice of yoga in youth contexts continued to be the course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. The 10 week online version of the course continues to be our central activity. It continues to show very high results from student feedback.

The work in Parliament came to fruition with an event at Portcullis House where we spoke to MPs about the benefits of yoga for young people. Our work to support the teen yoga community involved ongoing work through our website and our different social media channels such as Twitter, Instagram, Linked In and Facebook, to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area.

The Monthly Themes work continues to be a significant support to existing graduates and also a resource for future students and others working with young people. Lastly our solidarity work this year has pivoted towards the disadvantaged at home, we now focus more explicitly on the needs of schools that do not have funds to provide yoga to their students. This strategic pivot was in fact planned before the lockdown made it even more necessary. This kind of school has become a principal element of our fundraising and Lululemon continued to support us in this. We also received funding from the Quartet Foundations and the National Lottery to provide yoga for disadvantaged

young people in the BANES area.

Trustees

Trustees are appointed by the Board of Trustees for life. Where there is a requirement for new trustees, they would be identified and appointed by the existing trustees. The trustees have had due regard to the guidance issued by the Charity Commission on public benefit. This year new trustee Nikki Lewis joined the Board.

Contribution made by volunteers

Volunteers play an important role and for most of the year the entire activity of the charity was carried out by volunteers in the organisation of the charity's work, fundraising activity, publicity activity, the organisation and the creation of research proposals. At this stage of the charity's development their contribution continues to be fundamental.

Achievements

Our spreading of the practice of yoga continued to focus principally on increasing our network of teachers in the UK and other countries who bring yoga into schools and other contexts. This included the majority of schools in BANES, our direct catchment area and by the end of the period had grown to more than 200 yoga teachers, school teachers, counsellors, psychotherapists and youth workers across the UK and their students. The work of training and supporting this network is an important part of the spread of yoga for young people.

In the research context we worked to curate and make available online the existing research in the field, and its implications and conclusions, to teachers and other stakeholders as part of our work to promote the practice. We also attended online conferences and seminars in the UK and US on yoga in schools, thus participating actively in the research conversation and worked on the development of research proposals to be submitted during 2024.

The main focus of work to promote the integration of the practice of yoga in youth contexts involved the online course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people.

Our work to support the teen yoga community involved ongoing work through our website and other online channels such as our Facebook group, Twitter, Instagram and regular newsletters to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. We have a total of 10,000 followers on Twitter, Instagram, Facebook and YouTube.

Fundraising activity continues to be a challenge. Though our main sources of income, the teacher training course and the funded activity in schools, allowed us to maintain those activities successfully, we continue to find it challenging to raise funds, especially core funding. We have been working to refine our messaging to funders, and the structure of our website to improve our reach and are currently initiating a process of reflection regarding how best to diversify our income streams.

Financial Review

At present no reserves are held due to sub-optimal fundraising and the current economic climate. It is hoped that future reports will provide details of continued successful fundraising opportunities and improve the cashflow and potential reserve-holding of the charity. The charity's principal sources of funds continue to be from our training activity, some donations and other sources under development.

Risks

The main risks involve not achieving our fundraising goals. The charity is viewed positively, it has achieved a lot, and receives a lot of interest, and we anticipate successful fundraising over the coming year. The Teen Yoga book continues to sell well and provide some revenue.

Structure, management and governance

The charity is registered by the Charities Commission registration number 1165236 and is governed by its Articles of Association.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by the Board of Trustees on 27 Jan 2025

And signed on its behalf by Anasua Sarkar Roy

Anasua Sarkar Roy
Acting Chairperson

Independent examiner's report

To the trustees of Teen Yoga Foundation

I report on the accounts of Teen Yoga Foundation for the year ended 31st March 2024.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

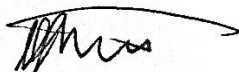
In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- a) to keep accounting records in accordance with section 130 of the 2011 Act; and
- b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Name:



Date:

21/1/25

Neil Stanley, Independent Examiner

Teen Yoga Foundation

Statement of Financial Activities

For the year ended 31 March 2024

	Note	Unrestricted Funds 2024 £	Restricted Funds 2024 £	Total Funds 2024 £	Total Funds 2023 £
Incoming Resources					
Donations and legacies		15,847	-	15,847	17,678
Charitable activities		15,401	-	15,401	36,669
Other trading activities		1,781	-	1,781	3,591
Total Incoming Resources		33,029	-	33,029	57,938
Resources expended:					
Costs of raising funds:					
Charitable activities		38,586	-	38,586	55,305
Governance costs		1,299	-	1,299	-
Total resources expended		39,885	-	39,885	55,305
Net (outgoing)/incoming resources		(6,856)	-	(6,856)	2,633
Reconciliation of funds		-	-	-	-
Total funds brought forward		(1,870)	-	(1,870)	(4,503)
Total funds carried forward		(8,726)	-	(8,726)	(1,870)

Teen Yoga Foundation

Balance Sheet

As at 31st March 2024

	Note		2024 £	2023 £
Current assets	2			
Debtors and prepayments		1,420	6,798	
Cash at bank and in hand		3,589	483	
		5,011	7,283	
Creditors:				
Amounts falling due within one year	3	(13,737)	(9,149)	
Net current liabilities			(8,726)	(1,866)
Net liabilities			(8,726)	(1,866)
Funds	4			
Unrestricted funds			(8,726)	(1,870)
Restricted funds				
Total funds			(8,726)	(1,870)

Approved by the Board of Trustees on 27 Jan 2025

And signed on its behalf by 

Name

Anasua Sarkar Roy

Position

Acting Chairperson

Teen Yoga Foundation

Notes to the Accounts

For the year ended 31st March 2024

1, Principal accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified.

The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are

apportioned on an appropriate basis.

2. Debtors	2024	2023
	£	£
Trade debtors	1,420	3,966
Other debtors	-	2,832
	1,420	6,978

3. Creditors: amounts falling due within one year	2024	2023
	£	£
Trade creditors	986	230
Other taxes and social security costs	321	323
Other loans	12,430	8596
	13,737	9,149

4. Movement in funds

	1 st April 2023 £	Received in year £	Utilised in year £	Balance transfers	31 st March 2024 £
Unrestricted funds					
General fund	(1,870)	33,029	(39,885)	-	(8726)
Total funds	(1,870)	33,029	(39,885)	-	(8726)

5. Resources expended

	Charitable Activities £	Governance Costs £	Total 2024 £	Total 2023 £
Teaching and retreat costs	1,518		1,518	6,674
Staff costs and administration	12,178		12,178	14,974
Advertising and website costs	11,774		11,774	17,557
Repairs and renewals	1,107		1,107	1,306
Conference fees and flights	7,840		7,840	10,169
Independent examiners fees	-	-	-	-
Bookkeeping		965	965	1,410
Legal and professional fees		200	200	350
Printing, postage and stationery	489		489	711
Telephone and Internet	1,033		1,033	1,319
Yoga clothing for resale	2,517		2,517	200

Bank fees and interest	130		130	509
Insurance	-	134	134	126
	38,586	1,299	39,885	55,305

6. Employee Information

Average number of employees

2024	2023
3	3

Staff Costs

Wages and Salaries	11,650	14,883
Staff training	528	91
Employers National Insurance	--	-

No employees received remuneration exceeding £60,000

Trustees Information

Trustees remuneration and expenses	-	-
------------------------------------	---	---

7. Related party transactions

There were no related party transactions during the year

Teen Yoga Foundation

Detailed Statement of Financial Activities

Year ended 31st March 2024

	2024	2023
	£	£
Incoming resources		
Donations and legacies	15,847	17,678
Charitable Activities		
UK Yoga courses	15,401	36,669
	15,401	36,669
Other trading activities		
Sale of yoga clothing and books	1,781	3,591
Total Incoming resources	33,029	57,938
Expenditure		
Costs of generating charitable income inc. venue hire	503	4,808
Teaching and supervision	1,015	1,542
Retreat costs	-	324
Yoga clothing and books for resale	2,517	200
Advertising, Marketing, Website costs	11,774	17,557
Accountancy Fees	965	1,410
Bank Fees	123	506
Consulting	200	350
Postage, Freight and courier	290	367
Insurance	134	126
Interest Paid	7	3
Printing and Stationery	199	344
IT Software and Consumables	567	291
Repairs and Maintenance	70	96
Salaries	11,650	14,883
Staff Training	528	91
Subscriptions	470	919
Telephone and Internet	1,033	1,319
Travel – National	7,682	8,392
Travel - International	158	1,777
Total expenditure	39,885	55,305
Net (deficit)/surplus	(6,856)	2,633

TEEN YOGA FOUNDATION

England & Wales - Charity number 1165236

Accounts

Teen Yoga Foundation

Report and Accounts

31 March 2023

Charity number: 1165236

**Teen Yoga Foundation
Report and accounts
Contents**

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Balance sheet	8
Notes to the accounts	9 - 11
Detailed statement of financial activities	12

Teen Yoga Foundation Company Information

Trustees

Dr Jo Barker
Anasua Sarkar Roy
Annessa Rebar
Amina Smith-Gul
Winston Charles Thomas

Principal address

Redhill House
Red Hill
Camerton
Bath
BA2 0NY

Independent Examiner

Bankers

Barclays Bank Plc
Leicestershire
LE87 2BB

Charity number

1165236

Teen Yoga Foundation

Charity number:

1165236

Independent examiner's report to the trustees of Teen Yoga Foundation

I report on the accounts of Teen Yoga Foundation for the year ended 31st March 2023.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

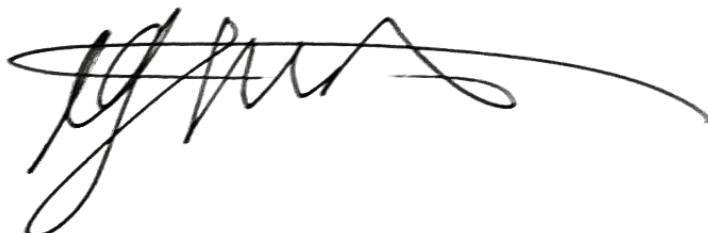
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- a) to keep accounting records in accordance with section 130 of the 2011 Act; and
- b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Name:

N STAWLEY

Date:

28 MARCH 24

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2023

Objectives and Activities

Purpose

- (1) Spreading the practice of yoga among teenagers and young people, especially the disadvantaged.
- (2) Contributing to the growing evidence base for the benefits of yoga for young people's well-being through research and the curation of research results.
- (3) Promoting the practice of and integration of yoga into educational and youth contexts through a variety of different means.
- (4) Supporting the teen yoga community, by providing face to face and online spaces for the sharing of resources, information and ideas among practitioners.
- (5) International aid work through initiatives both within and outside the UK that focus on improving the well-being of disadvantaged young people.

Activities

In this year, we focused on the following activities:

On spreading of the practice of yoga, we ran 5 online courses and 2 face to face courses during this time for medical and teaching personnel. We also continued our collaboration with London Youth, to run Talking Circles courses for youth workers across London reaching 700 young people. We carried on our plans to deliver more CPDs under the umbrella of the Teen Yoga Foundation with specialists in their areas. We have been in the planning phase of these CPDs. Conversations also began to deliver yoga at Bath University.

In the research context we lack the funding to undertake any significant research projects ourselves but continue to gather feedback from our graduates on the impact of the yoga among young people, some of them running their own research projects within their contexts. We have also been looking into potential consultancy work to support the spread of Teen Yoga outside the UK, with the possibility of work as support in EU funded work that will replicate the results last year from the SEN school in Nottingham that showed a 50% drop in behavioural incidences due to yoga.

We also continued our advocacy work, with the highlight being a drop-in event at Parliament where we had the opportunity to explain the benefits of yoga in schools, healthcare and youth provision to MPs. The event proved to be a valuable way to extend the conversation with MPs about our work and the wide range of benefits of yoga for young people.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2023

Activities (continued)

The main focus of work to promote the integration of the practice of yoga in youth contexts continued to be the course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. The 10 week online version of the course which started in 2019 has become our central activity and due to the lack of face to face courses we organised more frequent editions of the course. It continues to show very high results from student feedback, and the average results of our evaluation of the course show a consistent 4.5 out of 5 level of satisfaction. However, since COVID we are noticing a drop off in the number of yoga teachers (since many appear to have left the sector) and we have not been able to run as many courses as expected. We are currently diversifying the sectors we market to to address this.

The yearly Instill conference took place in November online as had happened the previous year. This made it possible to invite speakers from other countries who previously could not attend due to the cost of travel. The conference exists to promote interest in the practice of yoga in educational contexts, through discussion of practical ways of grounding this practice in the most valuable elements of the ancient wisdom of yoga and cutting-edge scientific research, thus providing inspiration for research and development in these areas.

Our work to support the teen yoga community continued to involve ongoing work through our website and our different social media channels such as Twitter, Instagram, Linked In and Facebook, to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. The Monthly Themes initiative continues to provide significant support to existing graduates and also a resource for future students and others working with young people.

Lastly our solidarity work this year has pivoted towards the disadvantaged at home, we now focus more explicitly on the needs of schools that do not have funds to provide yoga to their students. This strategic pivot was in fact planned before the lockdown made it even more necessary. This kind of school has become a principal element of our fundraising and we have got a small pot of National Lottery funding to carry out a project in this area.

Trustees

Trustees are appointed by the Board of Trustees for life. Where there is a requirement for new trustees, they would be identified and appointed by the existing trustees. The trustees have had due regard to the guidance issued by the Charity Commission on public benefit. This year there have been no changes in the team.

Contribution made by volunteers

Volunteers play an important role and for most of the year the entire activity of the charity was carried out by volunteers. In the organisation of the charity's work, the development of fundraising activity, publicity activity, the organisation and execution of the Instill conference and the creation of research proposals. At this stage of the charity's development their contribution continues to be fundamental.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2023

Achievements

Our spreading of the practice of yoga continued to focus principally on increasing our network of teachers in the UK and other countries who bring yoga into schools and other contexts. This included the majority of schools in BANES, our direct catchment area and by the end of the period had grown to more than 1800 yoga teachers across the UK and their students. The work of training and supporting this network is an important part of the spread of yoga. We are proud of our work across the Youth work network in London.

In the research context we worked to curate and make available online the existing research in the field, and its implications and conclusions, to teachers and other stakeholders as part of our work to promote the practice. We also attended online conferences and seminars in the UK and US on yoga in schools, thus participating actively in the research conversation

Our principal training and support activities were successful, despite the adverse economic conditions and we had good results promoting yoga through our conference and other events we participated in. We also carried out successful solidarity activity. However, our research aims were limited by a lack of funding.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2023

Fundraising activity continues to be a challenge. Though our main sources of income, the teacher training course and the funded activity in schools, allowed us to maintain those activities successfully, we continue to find it challenging to raise funds, especially core funding. We have been working to refine our messaging to funders, and the structure of our website to improve our reach. The aim in 2023/4 is to find reliable income for the extension of our work, though the majority of funding still comes from the courses we run.

Financial Review

At present no reserves are held due to the sub-optimal fundraising situation. It is hoped that future reports will provide details of continued successful fundraising opportunities and improve the cashflow and potential reserve-holding of the charity.

At present there is no uncertainty about the charity continuing its objectives .

The charity's principal sources of funds continue to be from our training activity, some donations and other sources under development.

Risks

The main risks involve not achieving our fundraising goals. The charity is viewed positively and receives a lot of interest, and we aim to increase our fundraising over the coming year. The Teen Yoga book continues to sell well and provide some revenue.

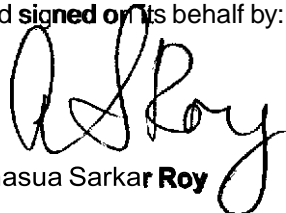
Structure, Governance and Management

The charity is registered by the Charities Commission registration number 1165236 and is governed by its Articles of Association.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by the board of trustees on: 29/03/24

and signed on its behalf by:



Anasua Sarkar **Roy**

Acting Chairperson

Teen Yoga Foundation
Statement of Financial Activities
for the year ended 31 March 2023

	Note	Unrestricted Funds 2023 £	Restricted Funds 2023 £	Total Funds 2023 £	Total Funds 2022 £
Incoming resources:					
Donations and legacies		15,678	2,000	17,678	10,318
Charitable activities		36,669	-	36,669	60,228
Other trading activities		3,591	-	3,591	11,687
		<hr/>	<hr/>	<hr/>	<hr/>
Total incoming resources		55,938	2,000	57,938	82,233
Resources expended:					
Cost of raising funds:					
Charitable activities		53,305	2,000	55,305	100,562
Governance costs		-	-	-	250
		<hr/>	<hr/>	<hr/>	<hr/>
Total resources expended	5	53,305	2,000	55,305	100,812
Net (outgoing)/incoming resources		2,633	-	2,633	(18,579)
Reconciliation of funds					
Total funds brought forward		(4,503)	-	(4,503)	14,076
		<hr/>	<hr/>	<hr/>	<hr/>
Total funds carried forward		(1,870)	-	(1,870)	(4,503)

**Teen Yoga Foundation
Balance Sheet
as at 31 March 2023**

	Note	2023 £	2022 £
Current assets			
Debtors and prepayments	2	6,798	5,978
Cash at bank and in hand		<u>483</u>	<u>2,557</u>
		7,283	8,537
Creditors: amounts falling due within one year			
	3	(9,149)	(13,040)
Net current liabilities		<u>(1,866)</u>	<u>(4,503)</u>
Net liabilities		<u>(1,866)</u>	<u>(4,503)</u>
Funds			
	4		
Unrestricted Funds		(1,870)	(4,053)
Restricted funds		-	-
Total funds		<u>(1,870)</u>	<u>(4,053)</u>

These financial statements were approved by the Trustees on 29/03/24

This report has been prepared in accordance with the Stateme Accounting and Reporting Obligations.

Signed, on behalf of the Trustees



The notes on pages 9 - 12 form an integral part of these accounts

**Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2023**

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified.

The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2023

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

2 Debtors			2023	2022	
			£	£	
Trade debtors			3,966	3,978	
Other debtors			<u>2,832</u>	<u>2,000</u>	
			<u>6,798</u>	<u>5,978</u>	
3 Creditors: amounts falling due within one year			2023	2022	
			£	£	
Trade creditors			230	6,685	
Other creditors and accruals			-	109	
Other taxes and social security costs			323	2,946	
Other loans			<u>8,596</u>	<u>3,300</u>	
			<u>9,149</u>	<u>13,040</u>	
4 Movement in funds					
	1st April	Received	Utilised in	Balance	31st March
	2022	in year	year	transfers	2023
	£	£	£	£	£
Unrestricted funds					
General fund	(4,503)	55,938	(53,305)	-	(1,870)
Restricted funds					
Quartet Community Foundation	-	2,000	(2,000)	-	-
Total funds	<u>(4,503)</u>	<u>57,938</u>	<u>(55,305)</u>	<u>-</u>	<u>(1,870)</u>

Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2023

5 Resources expended	Charitable Activities	Governance Costs	Total 2023	Total 2022
	£	£	£	£
Teaching and retreat costs	6,674	-	6,674	20,656
Staff costs and administration	14,974	-	14,974	24,866
Advertising and website costs	17,557	-	17,557	28,965
Repairs and renewals	1,306	-	1,306	1,967
Conference fees and flights	10,169	-	10,169	10,685
Independent examiners fees	-	-	-	250
Bookkeeping	1,410	-	1,410	1,018
Legal & professional fees	350	-	350	7,741
Printing, postage and stationery	711	-	711	682
Telephone and internet	1,319	-	1,319	1,419
Yoga clothing for resale	200	-	200	1,894
Bank fees and interest	509	-	509	492
Insurance	126	-	126	177
	55,305	-	55,305	100,812

6 Employee information	2023	2022
Average number of employees	3	2

No employees received remuneration exceeding £60,000.

Trustees information

Trustees remuneration and expenses	-	-
------------------------------------	---	---

7 Related party transactions

There were no related party transactions during the year.

Teen Yoga Foundation
Detailed Statement of financial activities
for the year ended 31 March 2023

	2023	2022
	£	£
Incoming resources		
Donations and legacies	17,678	10,318
Charitable activities		
UK Yoga Courses	36,669	60,228
	<hr/>	<hr/>
	36,669	60,228
Other trading activities		
Sales of yoga clothing and books	3,591	11,687
	<hr/>	<hr/>
Total Incoming resources	57,938	82,233
Expenditure		
Costs of generating charitable income including venue hire	4,808	7,940
Teaching and supervision	1,542	12,216
Retreat costs	324	500
Yoga clothing and books for resale	200	1,894
Advertising, Marketing and Website costs	17,557	28,965
Accountancy fees	1,410	1,268
Bank Fees	506	491
Consulting	350	7,741
Postage, Freight & Courier	367	572
Insurance	126	177
Interest Paid	3	1
Printing & Stationery	344	110
IT Software and Consumables	291	381
Repairs & Maintenance	96	107
Salaries	14,883	23,949
Staff Training	91	917
Subscriptions	919	1,479
Telephone & internet	1,319	1,419
Travel - National	8,392	6,096
Travel - International	1,777	4,589
	<hr/>	<hr/>
Total expenditure	55,305	100,812
	<hr/>	<hr/>
Net (deficit)/surplus	2,633	(18,579)

TEEN YOGA FOUNDATION

England & Wales - Charity number 1165236

Accounts

Teen Yoga Foundation

Report and Accounts

31 March 2022

Charity number: 1165236



**Teen Yoga Foundation
Report and accounts
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Notes to the accounts	9 - 11
Detailed statement of financial activities	12

Teen Yoga Foundation Company Information

Trustees

Dr Jo Barker
Anasua Sarkar Roy
Annessa Rebar
Amina Smith-Gul
Winston Charles Thomas

Principal address

Redhill House
Red Hill
Camerton
Bath
BA2 0NY

Independent Examiner

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
Bath
BA3 2DN

Bankers

Barclays Bank Plc
Leicestershire
LE87 2BB

Charity number

1165236

Teen Yoga Foundation

Charity number:

1165236

Independent examiner's report to the trustees of Teen Yoga Foundation

I report on the accounts of Teen Yoga Foundation for the year ended 31st March 2022, which are set out on pages 3 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- a) to keep accounting records in accordance with section 130 of the 2011 Act; and
- b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mr J L Battle FCCA MAAT
Concept Accountancy & Business Services Limited
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Date:

15th November 2022

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2022

Objectives and Activities

Purpose

- (1) Spreading the practice of yoga among teenagers and young people, especially the disadvantaged.
- (2) Contributing to the growing evidence base for the benefits of yoga for young people's well-being through research and the curation of research results.
- (3) Promoting the practice of and integration of yoga into educational and youth contexts through a variety of different means.
- (4) Supporting the teen yoga community, by providing face to face and online spaces for the sharing of resources, information and ideas among practitioners.
- (5) International aid work through initiatives both within and outside the UK that focus on improving the well-being of disadvantaged young people.

Activities

In this year, we focused on the following activities:

On spreading of the practice of yoga, we ran 5 online courses and 2 face to face courses during this time for medical and teaching personnel. We also collaborated with London Youth, to run a Talking Circles course for 70 youth workers across London and 700 young people. We also ran a couple of bespoke CPD courses for schools across the UK who wanted to train their PE teachers to share yoga. We carried on our plans to deliver more CPDs under the umbrella of the Teen Yoga Foundation with specialists in their areas. We have been in the planning phase of these CPDs.

In the research context we lack the funding to undertake any significant research projects ourselves but continue to gather feedback from our graduates on the impact of the yoga among young people, some of them running their own research projects within their contexts. Especially of interest is the SEN school in Nottingham who ran a term project looking at behavioural issues before and after a yoga intervention, finding a 50% drop in incidences due to yoga.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2022

Activities (continued)

The main focus of work to promote the integration of the practice of yoga in youth contexts continued to be the course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. The 10 week online version of the course which we had started in the previous year became our central activity and due to the lack of face to face courses we organised more frequent editions of the course. It continues to show very high results from student feedback, and the average result of the feedback questionnaire continued to be consistently over 4.5 out of 5 across 27 items. The work in Parliament has now restarted and we are in conversations about running a meeting at Portcullis house again. The yearly Instill conference took place in November online. This made it possible to invite speakers from other countries who previously could not attend due to the cost of travel. The conference exists to promote interest in the practice of yoga in educational contexts, through discussion of practical ways of grounding this practice in the most valuable elements of the ancient wisdom of yoga and cutting-edge scientific research, thus providing inspiration for research and development in these areas.

Our work to support the teen yoga community involved ongoing work through our website and our different social media channels such as Twitter, Instagram, Linked In and Facebook, to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. The new Monthly Themes has proved a significant support to existing graduates and also a resource for future students and others working with young people.

Lastly our solidarity work this year has pivoted towards the disadvantaged at home, we now focus more explicitly on the needs of schools that do not have funds to provide yoga to their students. This strategic pivot was in fact planned before the lockdown made it even more necessary. This kind of school has become a principal element of our fundraising and Lululemon continues to support us in this.

Trustees

Trustees are appointed by the Board of Trustees for life. Where there is a requirement for new trustees, they would be identified and appointed by the existing trustees. The trustees have had due regard to the guidance issued by the Charity Commission on public benefit. This year new trustees Amina Gul and Fatma Muharrem joined the team, making the Board five people as Jess Funke left due to conflicting interests.

Contribution made by volunteers

Volunteers play an important role and for most of the year the entire activity of the charity was carried out by volunteers. In the organisation of the charity's work, the development of fundraising activity, publicity activity, the organisation and execution of the Instill conference and the creation of research proposals. At this stage of the charity's development their contribution continues to be fundamental.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2022

Achievements

Our spreading of the practice of yoga continued to focus principally on increasing our network of teachers in the UK and other countries who bring yoga into schools and other contexts. This included the majority of schools in BANES, our direct catchment area and by the end of the period had grown to more than 1450 yoga teachers across the UK and their students. The work of training and supporting this network is an important part of the spread of yoga. We are proud of our work across the Youth work network in London and also the continued Ambassador courses which has now trained 20 young people to deliver yoga to other young people.

This has become a focus of particular interest for many funding bodies and volunteers who want to support the young people.

In the research context we worked to curate and make available online the existing research in the field, and its implications and conclusions, to teachers and other stakeholders as part of our work to promote the practice. We also attended online conferences and seminars in the UK and US on yoga in schools, thus participating actively in the research conversation.

The main focus of work to promote the integration of the practice of yoga in youth contexts involved the online course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. This year we initiated development of a series of shorter online courses to complement the main course and these are due to be launched in the second half of 2022. We also organised the Instill conference, this year online, which is a yearly event, which exists to promote interest in the practice of yoga in educational contexts, through discussion of practical ways of grounding this practice in the most valuable elements of the ancient wisdom of yoga and cutting-edge scientific research, thus providing inspiration for research and development in these areas. In Nov 2021 there were 350 participants at the Instill Conference with a wide range of speakers from the education, research and yoga spheres.

Our work to support the teen yoga community involved ongoing work through our website and other online channels such as our Facebook group, Twitter, Instagram and regular newsletters to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. We have a total of 10,000 followers on Twitter, Instagram, Facebook and YouTube.

Our principal training and support activities were very successful, despite the adverse conditions and we had good results promoting yoga through our conference and other events we participated in. We also carried out successful solidarity activity, though this will step up in 2021 as the lockdown ends. However, our research aims were limited by lockdown and a lack of funding.

Teen Yoga Foundation

Charity number: 1165236

Trustees report

For the year ended 31 March 2022

Fundraising activity continues to be a challenge. Though our main sources of income, the teacher training course and the funded activity in schools, allowed us to maintain those activities successfully, we continue to find it challenging to raise funds, especially core funding. However in 2021 Lululemon Regent Street branch made us their Here to Be partner. In the last quarter of the year we have focused on fundraising, and the dire situation in many schools due to the mental health effects of the lockdown will require increased efforts if we are to help address the situation. We have also been working to refine our messaging to funders, and the structure of our website to improve our reach. The aim in 2022 is to find reliable income for the extension of our work, though the majority of funding still comes from the courses we run.

Financial Review

At present no reserves are held due to sub-optimal fundraising currently endured. It is hoped that future reports will provide details of continued successful fundraising opportunities and improve the cashflow and potential reserve-holding of the charity.

At present there is no uncertainty about the charity continuing its objectives and 2022/23 has already started promising.

The charity's principal sources of funds continue to be from our training activity, some donations and other sources under development.

Risks

The main risks involve not achieving our fundraising goals. The charity is viewed positively and receives a lot of interest, and we anticipate successful fundraising over the coming year. We are confident that the amount raised is rising every year. The Teen Yoga book continues to sell well and provide some revenue.

Structure, Governance and Management

The charity is registered by the Charities Commission registration number 1165236 and is governed by its Articles of Association.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by the board of trustees on:

16th November 2022

and signed on its behalf by:


Anasua Sarkar Roy

Acting Chairperson

Teen Yoga Foundation
Statement of Financial Activities
for the year ended 31 March 2022

	Note	Unrestricted Funds 2022 £	Restricted Funds 2022 £	Total Funds 2022 £	Total Funds 2021 £
Incoming resources:					
Donations and legacies		6,150	4,168	10,318	22,747
Charitable activities		60,228	-	60,228	78,651
Other trading activities		11,687	-	11,687	9,872
		<hr/>	<hr/>	<hr/>	<hr/>
Total incoming resources		78,065	4,168	82,233	111,270
Resources expended:					
Cost of raising funds:					
Charitable activities		96,394	4,168	100,562	101,650
Governance costs		250	-	250	250
		<hr/>	<hr/>	<hr/>	<hr/>
Total resources expended	5	96,644	4,168	100,812	101,900
Net (outgoing)/incoming resources		(18,579)	-	(18,579)	9,370
Reconciliation of funds					
Total funds brought forward		14,076	-	14,076	4,706
		<hr/>	<hr/>	<hr/>	<hr/>
Total funds carried forward		(4,503)	-	(4,503)	14,076

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

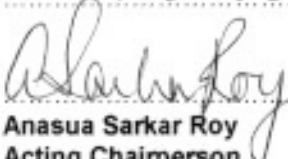
**Teen Yoga Foundation
Balance Sheet
as at 31 March 2022**

	Note	2022 £	2021 £
Current assets			
Debtors and prepayments	2	5,978	9,712
Cash at bank and in hand		<u>2,557</u>	<u>10,215</u>
		8,537	19,929
Creditors: amounts falling due within one year			
	3	<u>(13,040)</u>	<u>(5,853)</u>
Net current (liabilities)/assets		(4,503)	14,076
Net (liabilities)/assets		<u>(4,503)</u>	<u>14,076</u>
Funds			
	4		
Unrestricted Funds		(4,503)	14,076
Restricted funds		-	-
Total funds		<u>(4,503)</u>	<u>14,076</u>

These financial statements were approved by the Trustees on

Signed, on behalf of the Trustees

16th November 2022


Anasua Sarkar Roy
Acting Chairperson

The notes on pages 9 - 12 form an integral part of these accounts

**Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2022**

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified.

The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2022

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

2 Debtors				2022	2021
				£	£
Trade debtors				3,978	7,712
Other debtors				2,000	2,000
Prepayments				-	-
				<u>5,978</u>	<u>9,712</u>
3 Creditors: amounts falling due within one year				2022	2021
				£	£
Trade creditors				6,685	2,334
Other creditors and accruals				109	109
Other taxes and social security costs				2,946	110
Loan from N Kearney				3,300	3,300
				<u>13,040</u>	<u>5,853</u>
4 Movement in funds					
	1st April	Received	Utilised in	Balance	31st March
	2021	in year	year	transfers	2022
	£	£	£	£	£
Unrestricted funds					
General fund	14,076	78,065	(96,644)	-	(4,503)
Restricted funds					
HMRC CJRS Scheme grants	-	4,168	(4,168)	-	-
Total funds	<u>14,076</u>	<u>82,233</u>	<u>(100,812)</u>	<u>-</u>	<u>(4,503)</u>

Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2022

5 Resources expended	Charitable Activities £	Governance Costs £	Total 2022 £	Total 2021 £
Teaching and retreat costs	20,656	-	20,656	33,164
Staff costs and administration	24,866	-	24,866	14,123
Advertising and website costs	28,965	-	28,965	32,974
Repairs and renewals	1,967	-	1,967	3,098
Conference fees and flights	10,685	-	10,685	2,388
Independent examiners fees	-	250	250	250
Bookkeeping	1,018	-	1,018	933
Legal & professional fees	7,741	-	7,741	6,927
Printing, postage and stationery	682	-	682	3,384
Telephone and internet	1,419	-	1,419	1,345
Yoga clothing for resale	1,894	-	1,894	2,442
Bank fees and interest	492	-	492	607
Insurance	177	-	177	265
	<u>100,562</u>	<u>250</u>	<u>100,812</u>	<u>101,900</u>

6 Employee information	2022	2020
Average number of employees	<u>2</u>	<u>2</u>

No employees received remuneration exceeding £60,000.

Trustees information

Trustees remuneration and expenses	<u>-</u>	<u>-</u>
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7 Related party transactions

There were no related party transactions during the year.

Teen Yoga Foundation
Detailed Statement of financial activities
for the year ended 31 March 2022

	2022	2021
	£	£
Incoming resources		
Donations and legacies	10,318	22,747
Charitable activities		
EU Yoga Courses	-	6,216
UK Yoga Courses	60,228	72,435
	<hr/>	<hr/>
	60,228	78,651
Other trading activities		
Sales of yoga clothing and books	11,687	9,872
	<hr/>	<hr/>
Total Incoming resources	82,233	111,270
Expenditure		
Costs of generating charitable income including venue hire	7,940	12,428
Teaching and supervision	12,216	20,148
Retreat costs	500	588
Yoga clothing and books for resale	1,894	2,442
Advertising, Marketing and Website costs	28,965	32,974
Accountancy fees	1,268	1,183
Bank Fees	491	595
Consulting	7,741	6,927
Postage, Freight & Courier	572	1,120
Insurance	177	265
Interest Paid	1	12
Printing & Stationery	110	2,264
IT Software and Consumables	381	37
Repairs & Maintenance	107	1,585
Salaries	23,949	13,784
Staff Training	917	339
Subscriptions	1,479	1,476
Telephone & internet	1,419	1,345
Travel - National	6,096	2,388
Travel - International	4,589	-
	<hr/>	<hr/>
Total expenditure	100,812	101,900
	<hr/>	<hr/>
Net (deficit)/surplus	(18,579)	9,370

TEEN YOGA FOUNDATION

England & Wales - Charity number 1165236

Accounts

Teen Yoga Foundation

Report and Accounts

31 March 2021

Charity number: 1165236



**Teen Yoga Foundation
Company Information**

Trustees

Anna Gwendolyn Jessica Maspes
Dr Jo Barker
Anasua Sarkar Roy
Annessa Rebar (appointed 01/12/2020)

Principal address

Redhill House
Red Hill
Camerton
Bath
BA2 0NY

Independent Examiner

Mr J L Battle FCCA MAAT
12 Spencer Drive
Midsomer Norton
Radstock
Bath
BA3 2DN

Bankers

Barclays Bank Plc
Leicestershire
LE87 2BB

Charity number

1165236

Teen Yoga Foundation

Charity number: 1165236

**Trustees report
For the year ended 31 March 2021**

Objectives and Activities

Purpose

- (1) Spreading the practice of yoga among teenagers and young people, especially the disadvantaged.
- (2) Contributing to the growing evidence base for the benefits of yoga for young people's well-being through research and the curation of research results.
- (3) Promoting the practice of and integration of yoga into educational and youth contexts through a variety of different means.
- (4) Supporting the teen yoga community, by providing face to face and online spaces for the sharing of resources, information and ideas among practitioners.
- (5) International aid work through initiatives both within and outside the UK that focus on improving the well-being of disadvantaged young people.

Activities

In this year, we focused on the following activities:

Our spreading of the practice of yoga continued to focus principally on our network of teachers in the UK and other countries who bring yoga into schools and other contexts. Due to the COVID lockdown however, we had to move all out activity online and this has remained the case, even during the two periods when lock down was partially lifted in the UK as gyms and yoga halls remained closed. However, we pivoted quickly and offered a daily Zen Challenge with yoga and other activities for teens in lockdown, providing over 60 sessions in all for young people, and providing a wider range of support materials for teen yoga teachers who were adapting to the new reality of online yoga classes. Increasingly as the mental health effects of the lockdown have become increasingly evident we have been invited to talk on the radio (BBC Bristol, BBC London) and other fora about the benefits of yoga.

In the research context the pandemic has limited our activity. We have supported two dissertations, but most projects have been on hold due to lack of access to cohorts to research due to the lockdown. We attended and spoke at a number of online conferences and seminars in the UK and Europe on yoga in schools, thus participating actively in the research conversation, and in particular sharing the results of the Hippocampus project which ended the previous year. Access to further research funding from the European context, previously a key source of funding for our research, is currently uncertain due to Brexit.

Teen Yoga Foundation

Charity number: 1165236

Trustees report For the year ended 31 March 2021

Activities (continued)

The main focus of work to promote the integration of the practice of yoga in youth contexts continued to be the course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. The 10 week online version of the course which we had started in the previous year became our central activity and due to the lack of face to face courses we organised more frequent editions of the course. It continues to show very high results from student feedback, and the average result of the feedback questionnaire continued to be consistently over 4.5 out of 5 across 27 items. The work in Parliament has been on hold due to the pandemic. The yearly Instill conference took place in November but was online. This made it possible to invite speakers from other countries who previously could not attend due to the cost of travel. The conference exists to promote interest in the practice of yoga in educational contexts, through discussion of practical ways of grounding this practice in the most valuable elements of the ancient wisdom of yoga and cutting-edge scientific research, thus providing inspiration for research and development in these areas.

Our work to support the teen yoga community involved ongoing work through our website and our different social media channels such as Twitter, Instagram, Linked In and Facebook, to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. At the end of the year we initiated a new service from the website, called Monthly Themes which provides suggestions and activities for teachers to use, as well as suggesting ways of raising funds for us.

Lastly our solidarity work this year has pivoted towards the disadvantaged at home, we now focus more explicitly on the needs of schools that do not have funds to provide yoga to their students. This strategic pivot was in fact planned before the lockdown made it even more necessary. This kind of school has become a principal element of our fundraising, and it was given an important start by a grant from Lululemon Regent Street branch, which donated \$7000 towards a project delivering yoga to disadvantaged teens, focusing especially on PRUs across the UK.

Trustees

Trustees are appointed by the Board of Trustees for life. Where there is a requirement for new trustees, they would be identified and appointed by the existing trustees. The trustees have had due regard to the guidance issued by the Charity Commission on public benefit. This year a new trustee, Annessa Rebar, joined the team, making the Board four people.

Contribution made by volunteers

Volunteers play an important role and for most of the year the entire activity of the charity was carried out by volunteers. In the organisation of the charity's work, the development of fundraising activity, publicity activity, the organisation and execution of the Instill conference and the creation of research proposals. At this stage of the charity's development their contribution is fundamental.

Teen Yoga Foundation

Charity number: 1165236

Trustees report

For the year ended 31 March 2021

Achievements

Our spreading of the practice of yoga continued to focus principally on increasing our network of teachers in the UK and other countries who bring yoga into schools and other contexts. This included the majority of schools in BANES, our direct catchment area and by the end of the period had grown to more than 1200 yoga teachers across the UK and their students. The work of training and supporting this network is an important part of the spread of yoga. We are proud of the way our team of volunteers helped us respond to the crisis of the pandemic by providing the #ZenChallenge activities.

In the research context we worked to curate and make available online the existing research in the field, and its implications and conclusions, to teachers and other stakeholders as part of our work to promote the practice.. We also attended online conferences and seminars in the UK and US on yoga in schools, thus participating actively in the research conversation.

The main focus of work to promote the integration of the practice of yoga in youth contexts involved the online course we run to train yoga teachers and other people who work with the young (and are yoga practitioners) in the optimal way to bring yoga to young people. This year we initiated development of a series of shorter online courses to complement the main course and these are due to be launched in the second half of 2021 We also organised the Instill conference, this year online, which is a yearly event, which exists to promote interest in the practice of yoga in educational contexts, through discussion of practical ways of grounding this practice in the most valuable elements of the ancient wisdom of yoga and cutting-edge scientific research, thus providing inspiration for research and development in these areas. In Nov 2020 there were 350 participants at the Instill Conference with a wide range of speakers from the education, research and yoga spheres.

Our work to support the teen yoga community involved ongoing work through our website and other online channels such as our Facebook group, Twitter, Instagram and regular newsletters to support teachers of yoga to teens by providing advice, support, resources, links to research and a free service connecting schools to teachers in their area. We have a total of 9000 followers on Twitter, Instagram, Facebook and You tube

Our principal training and support activities were very successful, despite the adverse conditions and we had good results promoting yoga through our conference and other events we participated in. We also carried out successful solidarity activity, though this will step up in 2021 as the lockdown ends. However, our research aims were limited by lockdown and a lack of funding.

Fundraising activity continues to be a challenge. Though our main sources of income, the teacher training course and the funded activity in schools, allowed us to maintain those activities successfully, we continue to find it challenging to raise funds, especially core funding. However early in 2021 Lululemon Regent Street branch made us their Here to Be partner and donated \$7000 towards a project, delivering yoga to disadvantaged teens in PRUs across the UK. In the last quarter of the year we have focused on fundraising, and the dire situation in many schools due to the mental health effects of the lockdown will require increased efforts if we are to help address the situation. We have also been working to refine our messaging to funders, and the structure of our website to improve our reach. The aim in 2021 is to find reliable income for the extension of our work, though the majority of funding still comes from the courses we run.

Teen Yoga Foundation

Charity number: 1165236

**Trustees report
For the year ended 31 March 2021**

Financial Review

The position was acceptable under the circumstances and better than the previous year.

At present no reserves are held due to sub-optimal fundraising currently endured. It is hoped that future reports will provide details of continued successful fundraising opportunities and improve the cashflow and potential reserve-holding of the charity.

At present there is no uncertainty about the charity continuing its objectives.

The charity's principal sources of funds continue to be from our training activity, some donations and other sources under development.

Risks

The main risks involve not achieving our fundraising goals. The charity is viewed positively and receives a lot of interest, and we anticipate successful fundraising over the coming year. We are confident that the amount raised is rising every year. The Teen Yoga book continues to sell well and provide some revenue.

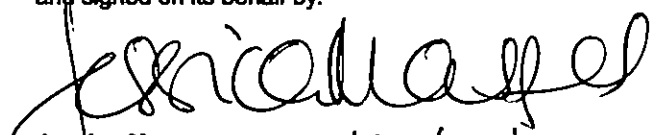
Structure, Governance and Management

The charity is registered by the Charities Commission registration number 1165236 and is governed by its Articles of Association.

This report has been prepared in accordance with the Statement of Recommended Practice - Accounting and Reporting by Charities.

Approved by the board of trustees on:

and signed on its behalf by:


Jessica Maspes
Chair
12/10/21.

Teen Yoga Foundation

Charity number: 1165238

Independent examiner's report to the trustees of Teen Yoga Foundation

I report on the accounts of Teen Yoga Foundation for the year ended 31st March 2021, which are set out on pages 7 to 12.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 (2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- a) examine the accounts under section 145 of the 2011 Act;
- b) to follow the procedures laid down in the general Directions given by the commission under section 145(5)(b) of the 2011 Act; and
- c) to state whether particular matters have come to my attention.

Basis of independent examiner's report

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the next statement.

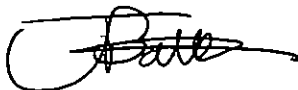
Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- a) to keep accounting records in accordance with section 130 of the 2011 Act; and
- b) to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Mr J L Battle FCCA MAAT
Concept Accountancy & Business Services Limited
12 Spencer Drive
Midsomer Norton
Radstock
BA3 2DN

Date: 11th August 2021

Teen Yoga Foundation
Statement of Financial Activities
for the year ended 31 March 2021

	Note	Unrestricted Funds 2021 £	Restricted Funds 2021 £	Total Funds 2021 £	Total Funds 2020 £
Incoming resources:					
Donations and legacies		14,906	7,841	22,747	11,670
Charitable activities		78,651	-	78,651	131,247
Other trading activities		9,872	-	9,872	12,818
Total incoming resources		103,429	7,841	111,270	155,735
Resources expended:					
Cost of raising funds:					
Charitable activities		93,809	7,841	101,650	165,978
Governance costs		250	-	250	250
Total resources expended	5	94,059	7,841	101,900	166,228
Net (outgoing)/incoming resources		9,370	-	9,370	(10,483)
Reconciliation of funds					-
Total funds brought forward		4,706	-	4,706	15,199
Total funds carried forward		14,076	-	14,076	4,706

The statement of financial activities includes all gains and losses recognised in the year.
All income and expenditure derive from continuing activities.

**Teen Yoga Foundation
Balance Sheet
as at 31 March 2021**

	Note	2021 £	2020 £
Current assets			
Debtors and prepayments	2	9,712	6,626
Cash at bank and in hand		<u>10,215</u>	<u>8,799</u>
		19,929	15,427
Creditors: amounts falling due within one year			
	3	(5,853)	(10,721)
Net current assets		<u>14,076</u>	<u>4,706</u>
Net assets		<u>14,076</u>	<u>4,706</u>
Funds			
	4		
Unrestricted Funds		14,076	4,706
Restricted funds		-	-
Total funds		<u>14,076</u>	<u>4,706</u>

These financial statements were approved by the Trustees on

Signed, on behalf of the Trustees

12/10/21

 Jessica Maspes
 Chair

The notes on pages 9 - 12 form an integral part of these accounts

**Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2021**

1 Principle accounting policies

The principal accounting policies adopted in the preparation of the financial statements are set out below:

Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting By Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2015) – (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Fund Accounting

Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.

Restricted Funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming Resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income.

Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

Donated services and facilities are included at the value to the charity where this can be quantified.

The value of services provided by volunteers has not been included in these accounts.

Investment income is included when receivable.

Incoming resources from charitable trading activity are accounted for when earned.

Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered.

Costs of generating funds comprises those costs associated with attracting voluntary income and the costs of trading for fundraising purposes.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the examiner's fees and costs linked to the strategic management of the charity.

Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2021

All costs are allocated between the expenditure categories of the SoFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis.

2 Debtors			2021	2020	
			£	£	
Trade debtors			7,712	3,611	
Other debtors			2,000	2,000	
Prepayments			-	1,015	
			<u>9,712</u>	<u>6,626</u>	
3 Creditors: amounts falling due within one year			2021	2021	
			£	£	
Trade creditors			2,334	9,042	
Other creditors and accruals			109	412	
Other taxes and social security costs			110	367	
Loan from N Kearney			3,300	900	
			<u>5,853</u>	<u>10,721</u>	
4 Movement in funds					
	1st April	Received	Utilised in	Balance	31st March
	2020	in year	year	transfers	2021
	£	£	£	£	£
Unrestricted funds					
General fund	4,706	103,429	(94,059)	-	14,076
Restricted funds					
HMRC CJRS Scheme grants	-	7,841	(7,841)	-	-
Total funds	<u>4,706</u>	<u>111,270</u>	<u>(101,900)</u>	<u>-</u>	<u>14,076</u>

**Teen Yoga Foundation
Notes to the Accounts
for the year ended 31 March 2021**

5 Resources expended	Charitable Activities £	Governance Costs £	Total 2021 £	Total 2020 £
Teaching and retreat costs	33,164	-	33,164	84,954
Staff costs and administration	14,123	-	14,123	15,303
Advertising and website costs	32,974	-	32,974	25,352
Repairs and renewals	3,098	-	3,098	3,825
Conference fees and flights	2,388	-	2,388	14,310
Independent examiners fees	-	250	250	250
Bookkeeping	933	-	933	847
Legal & professional fees	6,927	-	6,927	6,231
Printing, postage and stationery	3,384	-	3,384	1,839
Telephone and internet	1,345	-	1,345	1,535
Yoga clothing for resale	2,442	-	2,442	10,781
Bank fees and interest	607	-	607	765
Insurance	265	-	265	236
	<u>101,650</u>	<u>250</u>	<u>101,900</u>	<u>166,228</u>

6 Employee Information	2021	2020
Average number of employees	<u>2</u>	<u>2</u>

No employees received remuneration exceeding £60,000.

Trustees Information

Trustees remuneration and expenses	<u>-</u>	<u>-</u>
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7 Related party transactions
There were no related party transactions during the year.

Teen Yoga Foundation
Detailed Statement of financial activities
for the year ended 31 March 2021

	2021 £	2020 £
Incoming resources		
Donations and legacies	22,747	11,670
Charitable activities		
EU Yoga Courses	6,216	19,615
UK Yoga Courses	72,435	111,632
	<u>78,651</u>	<u>131,247</u>
Other trading activities		
Sales of yoga clothing and books	9,872	12,818
	<u>111,270</u>	<u>155,735</u>
Expenditure		
Costs of generating charitable income including venue hire	12,428	49,948
Teaching and supervision	20,148	17,893
Retreat costs	588	17,113
Yoga clothing and books for resale	2,442	10,781
Advertising, Marketing and Website costs	32,974	25,352
Accountancy fees	1,183	1,097
Bank Fees	595	752
Consulting	6,927	6,231
Postage, Freight & Courier	1,120	1,182
Insurance	265	236
Interest Paid	12	13
Printing & Stationery	2,264	657
IT Software and Consumables	37	372
Repairs & Maintenance	1,585	2,248
Salaries	13,784	14,925
Staff Training	339	378
Subscriptions	1,476	1,205
Telephone & internet	1,345	1,535
Travel - National	2,388	11,306
Travel - International	-	3,004
	<u>101,900</u>	<u>166,228</u>
Total expenditure		
	<u>9,370</u>	<u>(10,493)</u>
Net (deficit)/surplus		