

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 Rehair (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 our activity online and this has remained the case, even during the two periods when lockdown 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.

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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.

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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.

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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.

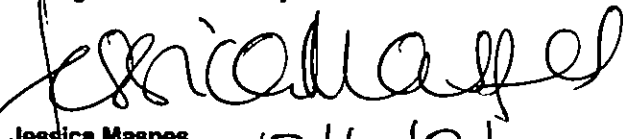
Structure, Governance and Management

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.

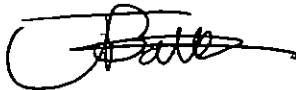
Independent examiner's statement

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
	101,650	250	101,900	166,228

6 Employee Information	2021	2020
Average number of employees	2	2

No employees received remuneration exceeding £60,000.

Trustees Information

Trustees remuneration and expenses	-	-
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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
	<hr/> 78,651	<hr/> 131,247
Other trading activities		
Sales of yoga clothing and books	9,872	12,818
Total Incoming resources	<hr/> 111,270	<hr/> 155,735
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
Total expenditure	<hr/> 101,900	<hr/> 166,228
Net (deficit)/surplus	<hr/> 9,370	<hr/> (10,493)