

Teen Yoga Foundation

Report and Accounts

31 March 2023

Charity number: 1165236

Teen Yoga Foundation
Report and accounts
Contents

	Page
Company information	1
Independent examiner's Report	2
Trustee report	3 - 6
Statement of financial activities	7
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.

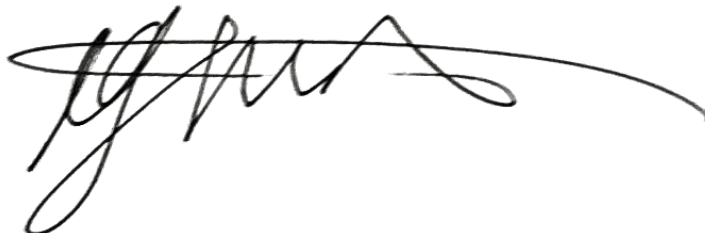
Independent examiner's statement

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 out 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.

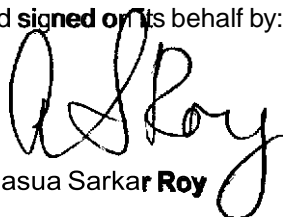
Structure, Governance and Management

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
Total incoming resources		<u>55,938</u>	<u>2,000</u>	<u>57,938</u>	<u>82,233</u>
Resources expended:					
Cost of raising funds:					
Charitable activities		53,305	2,000	55,305	100,562
Governance costs		-	-	-	250
Total resources expended	5	<u>53,305</u>	<u>2,000</u>	<u>55,305</u>	<u>100,812</u>
Net (outgoing)/incoming resources		2,633	-	2,633	(18,579)
Reconciliation of funds					
Total funds brought forward		(4,503)	-	(4,503)	14,076
Total funds carried forward		<u>(1,870)</u>	<u>-</u>	<u>(1,870)</u>	<u>(4,503)</u>

**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 Standards.

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
	<hr/>	<hr/>	<hr/>	<hr/>
	55,305	-	55,305	100,812
	<hr/>	<hr/>	<hr/>	<hr/>

6 Employee information	2023	2022
Average number of employees	3	2
	<hr/>	<hr/>

No employees received remuneration exceeding £60,000.

Trustees information

Trustees remuneration and expenses	-	-
	<hr/>	<hr/>

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)