

Teen Yoga Foundation

Report and Accounts

31 March 2025

Charity number: 1165236

**Teen Yoga Foundation
Report and accounts
Contents**

	Page
Company information	1
Trustee report	2 - 5
Independent examiner's Report	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 Rebair
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 Anjli 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
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
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)
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		<u>16,445</u>	<u>3,589</u>
		23,150	5,011
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 2024 £	Received in year £	Utilised in year £	Balance transfers £	31st March 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	2	3
Staff Costs		
Wages and Salaries	12,440	11,650
Staff training	201	528
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
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
	<hr/>		<hr/>
Total Incoming resources	56,675		33,029
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
	<hr/>		<hr/>
Total expenditure	37,839		39,885
	<hr/>		<hr/>
Net (deficit)/surplus	18,836		(6,856)

Teen Yoga Foundation

Charity number: 1165236

Trustees report

For the year ended 31 March 2025

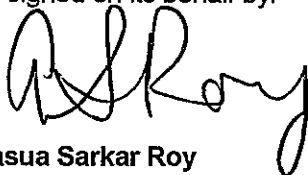
Structure, Governance and Management

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.

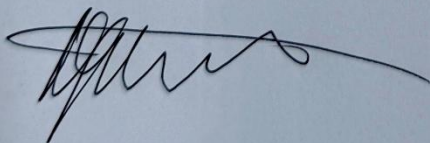
Independent examiner's statement

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

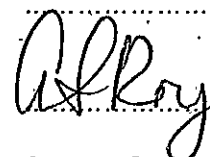
	Note	2025 £	2024 £
Current assets			
Debtors and prepayments	2	6,703	1,420
Cash at bank and in hand		<u>16,445</u>	<u>3,589</u>
		23,150	5,011
Creditors: amounts falling due within one year	3	(13,040)	(13,737)
Net current assets/(liabilities)		<u>10,110</u>	<u>(8,726)</u>
Net assets/(liabilities)		<u>10,110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