

**HEART OF LIVING YOGA FOUNDATION**

**Unaudited Financial Statements**

**31 August 2021**

**ARNOLD ACCOUNTING & BOOKKEEPING SERVICES LTD**

AAT Licensed Accountant  
23 Branwell Close  
Christchurch  
Dorset  
England  
BH23 2NP

# HEART OF LIVING YOGA FOUNDATION

## Financial Statements

Year ended 31 August 2021

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**REPORT OF THE TRUSTEES FOR THE PERIOD 1<sup>ST</sup> SEPTEMBER 2020 TO YEAR END 31<sup>ST</sup> AUGUST 2021**  
**FOR**  
**HEART OF LIVING YOGA FOUNDATION**

The trustees, who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 August 2021. The trustees have adopted the provisions of 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 (FRS 102) (effective 1 January 2015).

**OBJECTIVES AND ACTIVITIES**

The main objective of the foundation is to advance the education of the public in the subject of Yoga.

To promote education (including social and physical training) in Sri Lanka, India, Brazil, USA and the UK.

The prevention or relief of poverty in Sri Lanka, India, Brazil, USA and the UK by providing or assisting in the provision of Education, training, healthcare projects and all the necessary support designed to enable individuals to generate a sustainable income and be self-sufficient according to yogic principles.

The promotion of religious harmony for the benefit of the public by promoting knowledge and mutual understanding and respect of the beliefs and practices of different religious faiths.

To promote human rights (as set out in the Universal Declaration of Human Rights and subsequent United Nations conventions and declarations) throughout the world by relieving need among the victims of Human Rights abuse.

The main activities of the foundation are the awarding of scholarships, maintenance allowances or grants tenable at any university, college or institution of higher or further education.

Providing education (including the study of yoga, handicrafts or other arts), to undertake travel in furtherance of that education or to prepare for entry to any occupation, trade or profession on leaving any educational establishment.

To assist (in such ways as the charity trustees think fit) any charity in Sri Lanka, India, Brazil, USA and the UK whose aims include advancing education by developing mental, physical and moral capabilities through yoga and adjunctive leisure time activities.

**Public Benefit**

The trustees are mindful of the requirements for meeting the public benefit test.

For the public benefit in particular but not exclusively by teaching yoga, by training new teachers, and by providing further teacher training.

For the public benefit in particular but not exclusively by making grants to assist any charity in Sri Lanka, India, Brazil and the UK whose aims include advancing education by developing mental, physical and moral capabilities through yoga and adjunctive leisure time activities.

For the public benefit in particular but not exclusively by working to prevent and relieve poverty in Sri Lanka, India, Brazil, USA and the UK by making grants to other charitable bodies that (a) work for the relief of poverty through providing education (b) work toward the relief of trauma & special needs by therapeutic interventions including yoga (c) by providing community facilities for racial & religious harmony, if it is felt this satisfies such criteria.

**Policy on Grantmaking**

Our criteria are that:

1/ Grants may be awarded at the discretion of the trustees for scholarships and/or maintenance allowances or grants tenable at any university, college or institution of higher or further education.

2/ Grants may be awarded at the discretion of the trustees to any charity in Sri Lanka, India, Brazil and the UK whose aims include advancing education by developing mental, physical and moral capabilities through yoga and adjunctive leisure time activities.

3/ Grants may be awarded at the discretion of the trustees to provide education (including the study of yoga, handicrafts or other arts), to undertake travel in furtherance of that education or to prepare for entry to any occupation, trade or profession on leaving any educational establishment.

4/ Any Grants awarded may include provision for necessary emergency relief of any type to the beneficiaries and their families and others with whom they are associated and who assist with their education through one of Heart of Living Yoga Foundations projects.

**Contribution made by Volunteers**

Volunteers assist with fundraising activities including the donation of meditation/music CDs and downloads (via the charity's website) and organising events.

Volunteers co-ordinate the running and administration of the HOLY website including the production and distribution of e-newsletters and information.

Volunteers give education in yoga and other projects to children and adults in the UK, Sri Lanka, India, Brazil and the USA.

The Trustees may ask for volunteer help for specific tasks and may offer to pay accommodation and transport expenses.

## **ACHIEVEMENT AND PERFORMANCE**

During 2020 and 2021 the effects of the global pandemic Covid-19 continued to impact on all of Heart of Living Yoga Charity's work in the U.K., Sri Lanka, Brazil, India and USA. The Charity has adapted and responded to these challenges.

### **The Sunshine School in Sri Lanka**

The Sunshine School has been on hold during the pandemic while schools have been closed.

### **Elders Wisdom club and families in need in Sri Lanka**

The Elders Breakfast Club is continuing to support 35 elders and 40 families in one village in the north and 22 families in the Trincomalee district with monthly food supplies. The Covid pandemic has hit the area very badly.

In September 2020 in our village near Killinochchi in the north of Sri Lanka, 95 people received cooked meals and 76 families received food supplies each month. Deliveries are made to the elderly, disabled people and anyone who were too sick to attend in person.

At Padmalokah, the fencing of land has begun as the first step towards growing food.

### **Children & Adults with Special Needs in North Sri Lanka**

In the north-east of Sri-Lanka a new project has started for day care for children with special needs. Our Charity is offering support, both financial and advice. We have let them know that we are unable to pay salaries as we cannot guarantee the continuity of them. The Holistic SEN foundation is still active in the area and, although Rev. Padma is involved with that, it is separate from Heart Of Living Yoga. The Sri Lankan teachers, midwives and yoga teachers who were originally trained by Heart Of Living Yoga and H.S.E.N. have now run a training course for local professionals and parents to enable them to share yoga with children who have special needs and their families, although Covid has affected the continuity of this. It is always our aim to support and enable trainings to be carried out by the local community itself so they become culturally appropriate.

### **Education in India**

During the Covid pandemic there has been no charitable activity in India. To feed children and families during the pandemic a donation of £2000 was made to Mother Miracle, India.

### **Pine Ridge Reservation**

Pine Ridge Reservation in South Dakota, USA, is home to the Oglala Lakota nation. There is deep poverty there and the reservation has been struck by a number of natural disasters in recent years including flooding, blizzards and a severe cyclone as well as devastating consequences from the Covid pandemic.

Heart of Living Yoga Foundation have been asked by community leaders to provide online support, contact and training to those in the community who request it. Trustees approved a budget for this project and also offered a free of charge online course for members of the community to train as meditation facilitators. Many Heart of Living Yoga Trainers and Facilitators gave their time and support voluntarily for this.

### **Yoga Teacher Training**

Heart of Living Yoga Teacher Training courses and events continued to take place successfully online using Zoom facility and the Internet.

### **Brazil**

We continue to support three projects to help children with the help of Ivan Deniz who is based in Brazil and Andyara Prem Devi who is currently based in the UK.

1. A children's home near Alto Paraíso that is run by the Paulo de Tarsus group looks after many children and babies whose families are in crisis and unable to look after them temporarily and perhaps permanently. Our local volunteers led by Ivan is staying in close contact with Dona Romilda, the manager, and her team to give them all the support we can and to help them become sustainable as they move into what looks like a challenging future in Brazil. In December 2020, Heart of Living Yoga Foundation aided by a local bus company and fire truck, were able to provide food and gifts for the 200 children in the home.

2. Jhenifer's Library – Jhenifer continues to gather books for the benefit of the local children and villagers and after school lessons have begun. Construction is underway for the library building that will house the books and provide a space for the

children's lessons and schoolwork. A laptop has been provided and an internet connection is now available via mobile phone which has enabled us to provide the children with online English and yoga classes, at their request.

3. Tribal School project is further north in the Manaus area of the Amazon rainforest. Many tribes have come together to live on the edge of the forest, from which they are being squeezed. One amazing woman, Claudia Barre, has brought all the different tribes together who all speak a different language and she has created a School for the tribal children. The community has suffered greatly from the Covid pandemic and it took some time to be able to get much needed resources to the area. Heart of Living Yoga Foundation were able to send food and supplies including a projector and printer for the tribal school.

### **Happy Schools Project in the UK**

The Happy Schools project to deliver yoga teaching into 5 primary and 2 secondary schools over a 6 month period, initially funded by a successful Lottery award of £9,900, is almost completed. There is a small amount of funding to be used up when schools are able to fit the training sessions into their timetables after the disruption of the Covid pandemic.

### **Achievements against objectives**

Projects in Sri Lanka, India, Brazil, USA and U.K. are supported and delivered by local people and are established, in progress and are adapting to local needs and global events. Heart of Living Yoga Foundation's work has continued despite the devastating effects of the Covid pandemic.

## **FINANCIAL REVIEW**

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Governing document**

The charity is controlled by its governing document, a CIO Foundation Constitution, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

#### **Recruitment and appointment of new trustees**

Trustees volunteer and are approved at an AGM by existing Trustees. In September 2020 a new trustee, Joanne Jaclyn Loake, joined the charity.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Organisational structure**

The founder and first trustee Rev. Padma Devi Sumananda is Chairperson. There are a further five Trustees. Heart of Living Yoga Foundation is supported by many volunteers, teachers and friends.

Rev. Padma Devi Sumananda has been working in Sri Lanka for the past 12 years, working closely with local N.G.O's and government agencies.

Stephen Arnold of Arnold Accounting & Bookkeeping Services Ltd, 23 Branwell Close, Christchurch, Dorset, England BH23 2NP prepares the Financial Reports.

#### **Related parties**

A Memorandum of Understanding exists between the Institute of Human Excellence, Ridgeway Place, Colombo 4, Sri Lanka and Heart of Living Yoga Foundation.

Also with the Heart of Living Yoga (India) Foundation based in Rishikesh, a not-for-profit company with Indian Directors.

Other charitable bodies with similar aims as Heart of Living Yoga Foundation may be selected at the sole discretion of the trustees by using the criteria in our governing document.

## **REFERENCE AND ADMINISTRATIVE DETAILS**

### **Registered Company number**

CE007875 (England and Wales)

### **Registered Charity number**

1169252

**Registered office**

14 Cleaveland Rise  
Ogwell  
Newton Abbot  
Devon  
TQ12 6FF

**Trustees**

A Estermann  
Rev P Sumananda  
H Sumananda  
R Weil  
C Weil  
J Loake

**Company Secretary**

C Weil

**Independent examiner**

**Stephen Arnold F.M.A.A.T.**

**AAT Licensed Accountant**

**23 Branwell Close**

**Christchurch**

**Dorset**

**BH23 2NP**

P. Sumananda

Padma Sumananda (May 30, 2022 17:18 GMT+1)

Approved by order of the board of trustees on..30 May 2022..and signed on its behalf by:.....

Rev P Sumananda—Chairperson

# HEART OF LIVING YOGA FOUNDATION

## Independent Examiner's Report to the Trustees of HEART OF LIVING YOGA FOUNDATION

**Year ended 31 August 2021**

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I report to the trustees on my examination of the financial statements of HEART OF LIVING YOGA FOUNDATION ('the charity') for the year ended 31 August 2021.

### **Responsibilities and basis of report**

Independent examiner's report to the trustees of Heart of Living Yoga Foundation('the Company') I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 August 2021.

As the charity's trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

### **Independent examiner's statement**

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe: 1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or 2. the accounts do not accord with those records; or 3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view which is not a matter considered as part of an independent examination; or 4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102). I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached

Stephen Arnold F.M.A.A.T  
AAT Licensed Accountant  
Independent Examiner

23 Branwell Close  
Christchurch  
Dorset  
England  
BH23 2NP

*Stephen Arnold*

30 May 2022

Stephen Arnold F.M.A.A.T

Date

# HEART OF LIVING YOGA FOUNDATION

## Statement of Financial Activities

Year ended 31 August 2021

			2021		2020
	Note	Unrestricted funds £	Restricted funds £	Total funds £	Total funds £
<b>INCOME FROM</b>					
Donations and charitable activities		40,813	—	40,813	51,276
<b>Total income</b>		<u>40,813</u>	<u>—</u>	<u>40,813</u>	<u>51,276</u>
<b>Expenditure</b>					
EXPENDITURE ON Charitable activities					
Yoga activities		36,129	505	36,634	46,995
<b>Total expenditure</b>		<u>36,129</u>	<u>505</u>	<u>36,634</u>	<u>46,995</u>
<b>Net income and net movement in funds</b>		<u>4,684</u>	<u>(505)</u>	<u>4,179</u>	<u>4,281</u>
<b>Reconciliation of funds</b>					
Total funds brought forward		43,871	1,251	45,122	40,841
<b>Total funds carried forward</b>		<u>48,555</u>	<u>746</u>	<u>49,301</u>	<u>45,122</u>

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

The notes on pages 8 to 12 form part of these financial statements.



# HEART OF LIVING YOGA FOUNDATION

## Statement of Financial Position

31 August 2021

	Note	2021 £	2020 (restated) £
<b>Current assets</b>			
Stocks	6	898	926
Debtors	7	751	751
Cash at bank and in hand		48,496	43,945
		<u>50,145</u>	<u>45,622</u>
<b>Creditors: amounts falling due within one year</b>	8	<u>844</u>	<u>500</u>
<b>Net current assets</b>		<u>49,301</u>	<u>45,122</u>
<b>Total assets less current liabilities</b>		<u>49,301</u>	<u>45,122</u>
<b>Net assets</b>		<u>49,301</u>	<u>45,122</u>
<b>Funds of the charity</b>			
Restricted funds		746	1,251
Unrestricted funds		<u>48,555</u>	<u>43,871</u>
<b>Total charity funds</b>	9	<u>49,301</u>	<u>45,122</u>

These financial statements were approved by the board of trustees and authorised for issue on 30 May 2022, and are signed on behalf of the board by:

P. Sumananda  
Padma Sumananda (May 30, 2022 17:18 GMT+1)

Rev P Sumananda  
Trustee

A Estermann

A Estermann  
Trustee

The notes on pages 12 to 15 form part of these financial statements.

# HEART OF LIVING YOGA FOUNDATION

## Notes to the Financial Statements

Year ended 31 August 2021

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### 1. Income and endowments from

The charity is a public benefit entity and a registered charity in England and Wales and is unincorporated. The address of the principal office is 40A NAESBY ROAD, BOURNEMOUTH, DORSET, BH9 1SR, ENGLAND.

### 2. Statement of compliance

These financial statements have been prepared in compliance with FRS 102, 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland', the 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 (FRS 102) (Charities SORP (FRS 102)) and the Charities Act 2011.

### 3. Accounting policies

#### Basis of preparation

The financial statements have been prepared on the historical cost basis, as modified by the revaluation of certain financial assets and liabilities and investment properties measured at fair value through income or expenditure.

The financial statements are prepared in sterling, which is the functional currency of the entity.

#### Going concern

There are no material uncertainties about the charity's ability to continue.

#### Disclosure exemptions

The entity satisfies the criteria of being a qualifying entity as defined in FRS 102. As such, advantage has been taken of the following disclosure exemptions available under paragraph 1.12 of FRS 102:

(a) No cash flow statement has been presented for the company. (b) Disclosures in respect of financial instruments have not been presented.

#### Judgements and key sources of estimation uncertainty

The preparation of the financial statements requires management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

# HEART OF LIVING YOGA FOUNDATION

## Notes to the Financial Statements *(continued)*

Year ended 31 August 2021

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### 3. Accounting policies *(continued)*

#### Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future project or commitment.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

#### Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- legacy income is recognised when receipt is probable and entitlement is established.
- income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

#### Stocks

Stocks are measured at the lower of cost and estimated selling price less costs to complete and sell. Cost includes all costs of purchase, costs of conversion and other costs incurred in bringing the stock to its present location and condition.

### 4. Analysis of grants

	2021	2020 <i>(restated)</i>
	£	£
<b>Grants to institutions</b>		
Grants to institutions	20,854	16,951
Total grants	<u>20,854</u>	<u>16,951</u>

# HEART OF LIVING YOGA FOUNDATION

## Notes to the Financial Statements *(continued)*

Year ended 31 August 2021

### 5. Independent examination fees

	2021	2020 <i>(restated)</i>
	£	£
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>500</u>	<u>500</u>

### 6. Stocks

	2021	2020 <i>(restated)</i>
	£	£
Finished goods and goods for resale	<u>898</u>	<u>926</u>

### 7. Debtors

	2021	2020 <i>(restated)</i>
	£	£
Other debtors	<u>751</u>	<u>751</u>

### 8. Creditors: amounts falling due within one year

	2021	2020 <i>(restated)</i>
	£	£
Trade creditors	344	—
Accruals and deferred income	<u>500</u>	<u>500</u>
	<u>844</u>	<u>500</u>

### 9. Analysis of charitable funds

#### Unrestricted funds

	At 1 September 2020 £	Income £	Expenditure £	At 31 August 20 21 £
General funds	<u>43,871</u>	<u>40,813</u>	<u>(36,129)</u>	<u>48,555</u>

	At 1 September 2019 £	Income £	Expenditure £	At 31 August 20 20 £
General funds	<u>37,230</u>	<u>51,276</u>	<u>(44,635)</u>	<u>43,871</u>

# HEART OF LIVING YOGA FOUNDATION

## Notes to the Financial Statements *(continued)*

Year ended 31 August 2021

### 9. Analysis of charitable funds *(continued)*

#### Restricted funds

	At 1 September 2020 £	Income £	Expenditure £	At 31 August 20 21 £
Big Lottery - Happy Schools Project	<u>1,251</u>	<u>—</u>	<u>(505)</u>	<u>746</u>

	At 1 September 2019 £	Income £	Expenditure £	At 31 August 20 20 £
Big Lottery - Happy Schools Project	<u>3,611</u>	<u>—</u>	<u>(2,360)</u>	<u>1,251</u>

### 10. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £
Current assets	48,854	1,291	50,145
Creditors less than 1 year	<u>(844)</u>	<u>—</u>	<u>(844)</u>
<b>Net assets</b>	<u>48,010</u>	<u>1,291</u>	<u>49,301</u>

	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Current assets	44,462	1,160	45,622
Creditors less than 1 year	<u>(500)</u>	<u>—</u>	<u>(500)</u>
<b>Net assets</b>	<u>43,962</u>	<u>1,160</u>	<u>45,122</u>

### 11. Related parties

During the year the charity paid grants totalling £20,854: £12,687 to the Instituto Caminho DO Meio Brazil; £3,500 to the Institute of Human Excellence in Sri Lanka; £ 2,000 to the Fundacao Amazonas in Brazil; £2,000 Covid 19 Help Brazil; £210 to the T.E.A. Project Sri-Lanka; £456 Brazil Sunshine School; £2,000 Mother Miracle India.

# **HEART OF LIVING YOGA FOUNDATION**

## **Management Information**

**Year ended 31 August 2021**

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**The following pages do not form part of the financial statements.**

# HEART OF LIVING YOGA FOUNDATION

## Detailed Statement of Financial Activities

Year ended 31 August 2021

	2021 £	2020 £
<b>INCOME FROM</b>		
<b>Donations and charitable activities</b>		
Donations	7,601	14,657
Event contributions received	33,212	36,619
	40,813	51,276
<b>Total income</b>	<b>40,813</b>	<b>51,276</b>
<b>EXPENDITURE ON Charitable activities Yoga activities</b>		
<b>Activity type 1</b>		
<b>Activities undertaken directly</b>		
Direct charitable activity 1 - opening stock	926	—
Events	1,084	5,868
Direct charitable activity 1 - closing stock	(898)	—
Print, Postage & stationery	274	89
CD Production	602	906
Yoga Teacher Training	11,690	19,450
Computer & IT	842	577
Travel expenses	—	61
Grants to Institutions	20,854	16,951
Accountancy fees	500	500
Bank charges	256	233
	36,130	44,635
<b>Grant funding activities</b>		
Happy Schools - Yoga Teaching	505	2,359
<b>EXPENDITURE ON Charitable activities Yoga activities</b>	<b>36,635</b>	<b>46,994</b>
<b>Net income</b>	<b>4,178</b>	<b>4,282</b>






# HOLY Accounts YE 31 August 2021 V3b

Final Audit Report

2022-05-30

Created:	2022-05-30
By:	Stephen Arnold (stephen@arnoldaccounting.co.uk)
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## "HOLY Accounts YE 31 August 2021 V3b" History

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-  Document emailed to Padma Sumananda (revpadma@gmail.com) for signature  
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-  Document e-signed by Padma Sumananda (revpadma@gmail.com)  
Signature Date: 2022-05-30 - 4:18:18 PM GMT - Time Source: server- IP address: 188.140.13.223
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