

HEART OF LIVING YOGA FOUNDATION

Unaudited Financial Statements

31 August 2022

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 2022

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REPORT OF THE TRUSTEES FOR THE PERIOD 1ST SEPTEMBER 2021 TO YEAR END 31ST AUGUST 2022
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 2022. 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 2021 and 2022 the effects of the global pandemic Covid-19 continued to impact on much 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. In Sri Lanka and Brazil particularly, the effects of the Covid pandemic and the consequences of it, have hit communities very badly.

The Sunshine School in Sri Lanka

The Sunshine School remains on hold while the effects and consequences of the pandemic continue.

Elders Wisdom club and families in need in Sri Lanka

The Covid pandemic has affected the community badly. Daily wage jobs have stopped and a curfew meant food supplies had difficulty getting through to rural areas. Once curfew was lifted a wholesale contractor was able to get supplies to the community. The Covid Relief Food Programme was distributed by our Sri Lankan team to the families we support. Representatives of 95 families came to collect food supplies. Deliveries were made to the elderly and disabled, and anyone too sick to attend in person. Full moon Puja continues to take place and dry rations are provided to families in need. A cooked meal was provided for 150 people. Fencing of the land is progressing in order to cultivate land to grow food.

Children & Adults with Special Needs in North Sri Lanka

In the north-east of Sri-Lanka the project continues 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 still 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. continue to run training courses 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 but Heart of Living Yoga Foundation remains in contact with the Freedom School.

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 continues to support the community leaders with online support, and training to those in the community who request it. Trustees previously approved a budget for this project and also offered a free of charge online weekend 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 and UK Events

Heart of Living Yoga Teacher Training courses and events continued to take place successfully online using Zoom facility and the Internet. In person events were beginning again slowly. There was a fully booked retreat in Wales in June 2022.

Brazil

Thanks to a huge number of helpers and supporters both in Brazil and the U.K., we were able to provide both food and essential supplies for 3 months to the families of the children in the indigenous school near Manaus in the Amazon region who were in great need of help. At Christmas we also sent care packages of food and presents for the children. Heart Of Living Yoga Foundation also made a donation towards the repair of the community building that was badly damaged by a storm. This facility provides cultural learning for the children in conjunction with Manaus University. The repairs are now complete. We also provided a projector for the school to link with the previously donated laptop.

Heart Of Living Yoga Foundation also provided children's care packages and Christmas presents to the Dona Rumilda Children's Home in the Chapada region of Brazil.

Jhennifer's Library Project in the Chapada region has now developed into a Sunshine School as well as library. The children receive a cooked meal and extra tuition after school. This is extra education to the children's mainstream education. The trustees approved a fixed budget for 13 weeks of teaching.

Our Thanks go to Ivan Deniz who is based in Brazil and Andyara Prem Devi who is currently based in the UK., who both continue to make this work possible.

Happy Schools Project in the UK

There is still £745 from the Happy Schools Project Lottery funding to be spent but whilst Covid is still affecting teaching in schools teachers are just too busy to put the training offered into their schedules. The Lottery has said to take the time needed to continue but this probably will not happen until the Autumn of 2022.

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 and its consequences. We have responded to the immediate need for food particularly and maintain contact with all the projects ongoing.

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 or Trustees Meeting by existing Trustees.

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
A Bore

Company Secretary

C Weil

Independent examiner

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

AA Licensed Accountant....

Arnold Accounting, 23 Branwell Close, Christchurch, Dorset, BH23 2NP.....

Approved by order of the board of trustees on.30 May 2023..and signed on its behalf by

Padma Devi Sumananda

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 2022

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 2022.

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

Signed.....*Stephen Arnold*.....Date.1 June 2023.....

HEART OF LIVING YOGA FOUNDATION

Statement of Financial Activities

Year ended 31 August 2022

		2022		2021
	Unrestricted funds	Restricted funds	Total funds	Total funds
Note	£	£	£	£
INCOME FROM				
Donations and charitable activities	38,387	—	38,387	40,813
Total income	<u>38,387</u>	<u>—</u>	<u>38,387</u>	<u>40,813</u>
Expenditure				
EXPENDITURE ON Charitable activities				
Yoga activities	33,105	—	33,105	36,634
Total expenditure	<u>33,105</u>	<u>—</u>	<u>33,105</u>	<u>36,634</u>
Net income and net movement in funds	<u>5,282</u>	<u>—</u>	<u>5,282</u>	<u>4,179</u>
Reconciliation of funds				
Total funds brought forward	48,555	746	49,301	45,122
Total funds carried forward	53,837	746	54,583	49,301

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 11 to 14 form part of these financial statements.

HEART OF LIVING YOGA FOUNDATION

Statement of Financial Position

31 August 2022

	Note	2022 £	2021 £
Current assets			
Stocks	6	1,192	898
Debtors	7	—	751
Cash at bank and in hand		53,891	48,496
		<u>55,083</u>	<u>50,145</u>
Creditors: amounts falling due within one year	8	<u>500</u>	<u>844</u>
Net current assets		<u>54,583</u>	<u>49,301</u>
Total assets less current liabilities		<u>54,583</u>	<u>49,301</u>
Net assets		<u>54,583</u>	<u>49,301</u>
Funds of the charity			
Restricted funds		746	746
Unrestricted funds		<u>53,837</u>	<u>48,555</u>
Total charity funds	9	<u>54,583</u>	<u>49,301</u>

These financial statements were approved by the board of trustees and authorised for issue on 30 May 2023, and are signed on behalf of the board by:

Padma Devi Sumananda

Rev P Sumananda
Trustee



A Bore
Trustee

The notes on pages 11 to 14 form part of these financial statements.

HEART OF LIVING YOGA FOUNDATION

Notes to the Financial Statements

Year ended 31 August 2022

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 2022

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

	2022 £	2021 £
Grants to institutions		
Grants to institutions	5,225	20,854
Total grants	<u>5,225</u>	<u>20,854</u>

HEART OF LIVING YOGA FOUNDATION

Notes to the Financial Statements *(continued)*

Year ended 31 August 2022

5. Independent examination fees

	2022 £	2021 £
Fees payable to the independent examiner for: Independent examination of the financial statements	<u>500</u>	<u>500</u>

6. Stocks

	2022 £	2021 £
Finished goods and goods for resale	<u>1,192</u>	<u>898</u>

7. Debtors

	2022 £	2021 £
Other debtors	<u>–</u>	<u>751</u>

8. Creditors: amounts falling due within one year

	2022 £	2021 £
Trade creditors	–	344
Accruals and deferred income	<u>500</u>	<u>500</u>
	<u>500</u>	<u>844</u>

9. Analysis of charitable funds

Unrestricted funds

	At 1 September 2021 £	Income £	Expenditure £	At 31 August 20 22 £
General funds	<u>48,555</u>	<u>38,387</u>	<u>(33,105)</u>	<u>53,837</u>

	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>

HEART OF LIVING YOGA FOUNDATION

Notes to the Financial Statements *(continued)*

Year ended 31 August 2022

9. Analysis of charitable funds *(continued)*

Restricted funds

	At 1 September 2021 £	Income £	Expenditure £	At 31 August 20 22 £
Big Lottery - Happy Schools Project	746	—	—	746

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

10. Analysis of net assets between funds

	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £
Current assets	54,337	746	55,083
Creditors less than 1 year	(500)	—	(500)
Net assets	53,837	746	54,583

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

11. Related parties

10. Related party disclosures

During the year the charity paid grants totalling £ 5,225: £3,368 to Sri Lanka Project; £563 Brazil Sunshine School; £543 Holistic Special Education Fdn; £751 HOLY India (prior year).

HEART OF LIVING YOGA FOUNDATION

Management Information

Year ended 31 August 2022

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 2022

	2022 £	2021 £
INCOME FROM		
Donations and charitable activities		
Donations	12,103	7,601
Event contributions received	26,284	33,212
	<u>38,387</u>	<u>40,813</u>
Total income	<u>38,387</u>	<u>40,813</u>
Expenditure		
EXPENDITURE ON Charitable activities Yoga activities		
Opening stock	898	926
Events	4,330	1,084
Closing stock	(1,192)	(898)
Printing, Postage and Stationery	216	274
CD Production	—	602
Yoga Teacher Training	20,420	12,196
Computer & IT	1,175	842
Purchases good for resale	149	—
Travel expenses	1,082	—
Grants to Institutions	5,225	20,854
Accountancy fees	500	500
Professional fees	200	—
Bank charges	102	254
	<u>33,105</u>	<u>36,634</u>
Total expenditure	<u>33,105</u>	<u>36,634</u>
Net income	<u>5,282</u>	<u>4,179</u>