

Cumbria Yoga Foundation
(Charitable Incorporated Organisation)
Annual Report and Financial Statement
for the Year Ended 31 March 2021

Reference and Administrative Details

Trustees

C Robinson
R Fowler
M Blacklock
A Bates
L-A Newburn

Principal Office

Workshop 1
West Park
Crofton Estate
West Park
Carlisle
CA5 6QR

Charity Registration Number
1189433

Report for the Year Ended 31 March 2021

Public benefit

To promote and protect physical and mental health by:

- the provision of instruction and classes in the practice principle and methods of yoga;
and
- the provision and assistance of provision of facilities for community participation in
yoga

Cumbria Yoga Foundation and the COVID-19 pandemic

Cumbria Yoga Foundation's first year of operation as a Charitable Incorporated Organisation was significantly impacted by COVID-19. Government guidance on activities such as group exercise restricted undertakings to such an extent, that the Trustees decided to use the time to strategically plan and fundraise.

Financial Review

Cumbria Yoga Foundation was successfully in securing a grant from Carlisle City Council to run *Yoga Day – Carlisle*, an awareness raising event which raises funds for future core activities. The event was postponed to 2021 due to the COVID-19 pandemic.

The Trustees were successful in further fundraising through individual giving.

Cumbria Yoga Foundation 20/21 Income and Expenditure

Date	Description	Income	Expenditure
B/F		0	
10-Aug-20	Donation	£50.00	
19-Oct-20	Donation	£10.00	
24-Oct-20	Donation	£50.00	
30-Oct-20	Donation	£10.00	
5-Nov-20	Donation	£40.00	
23-Jan-21	Carlisle City Council Grant	£1,000.10	
8-Feb-21	Donation	£50.00	
17-Feb-21	Donation	£50.00	
19-Feb-21	Donation	£50.00	
20-Feb-21	Donation	£40.00	
Totals		£1,350.10	£0.00

The financial statements were approved by the trustees, and authorised for issue on 30 January 2021 and signed on their behalf by:



.....
C Robinson
Chair of Trustees