

Cumbria Yoga Foundation
(Charitable Incorporated Organisation)
Annual Report and Financial Statement
for the Year Ended 31 March 2022

Reference and Administrative Details

Trustees

C Robinson
R Fowler
A Bates

Principal Office

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

Charity Registration Number
1189433

Report for the Year Ended 31 March 2022

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

Activity

A new visual identity and website were commissioned for the charity in April 2021 and were launched in time to communicate the charity vision ahead of *Yoga Day – Carlisle*.

On 11 September the third *Yoga Day* event took place in Carlisle supported by Carlisle City Council. The event partnered with Carlisle Yoga Studio, WeCan Fitness, Yoga Rooms Carlisle, The Lanes Shopping Centre and Carlisle Library to offer free yoga and wellbeing sessions for the community. 387 attendees took part in the 38 sessions led by 21 volunteer wellbeing professionals in 6 venues around Carlisle City Centre.

Other activities undertaken by Cumbria Yoga Foundation included leading a free yoga session as part of the Feel Good Festival to 120 attendees, held online in May 2021.

Following a successful year fundraising and awareness raising, the trustees concentrated on planning activity and project focus for 2022/23.

Financial Review

£385.79 was raised through *Yoga Day - Carlisle 2021*, with further unrestricted funds raised through individual giving.

Cumbria Yoga Foundation 20/21 Income and Expenditure Summary

	Description	Income
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B/F		£1,350.10
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Income

	Unrestricted fundraising	£915.79
	Bank Goodwill Gesture	£15.00
	Total	£2,280.89

Expenditure

		Expenditure
	Branding and website	-£300.00
	Project Expenditure - Yoga Day	-£1,067.08
	Total	-£1,367.08

Carried forward		£913.81
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The financial statements were approved by the trustees, and authorised for issue on 20 February 2023 and signed on their behalf by:



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C Robinson
Chair of Trustees