

Cumbria Yoga Foundation  
(Charitable Incorporated Organisation)  
Annual Report and Financial Statement  
for the Year Ended 31 March 2023

**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 2023**

**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**

Between December 2022 and February 2023 our yoga for people seeking asylum project supported people housed in two hotels in Cumbria and identified through Penrith and Eden Refugee Network. Spanning 11 weeks, the class was for people seeking asylum – their home countries being, for example Iran, Iraq, Afghanistan, Eritrea, South Sudan. The group were escaping from oppression, war and torture.

Many students relied on yoga for their physical and mental wellbeing in their home countries. The class started with a handful of students – through their experiences and feedback to

others, the group grew over time. Impact of the classes were positive, with members of the group feeding back that they valued the sessions and feel much better having attended.

<b>Cumbria Yoga Foundation 22/23 Income and Expenditure Summary</b>
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	Description	Income
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<b>B/F</b>		£913.81	
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**Income**

	Unrestricted fundraising	£80	
	<b>Total</b>	<b>£993.81</b>	

**Expenditure**

			<b>Expenditure</b>
	Website costs		-£126.00
	Project Expenditure – Asylum Seeker Project		-£330.00
	<b>Total</b>		<b>-£456.00</b>

<b>Carried forward</b>		<b>£537.81</b>
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The financial statements were approved by the trustees, and authorised for issue on 13 January 2024 and signed on their behalf by:



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C Robinson  
Chair of Trustees