

REGISTERED COMPANY NUMBER: 12093316 (England and Wales)
REGISTERED CHARITY NUMBER: 1190681

REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 DECEMBER 2023
FOR
ASSOCIATION FOR YOGA STUDIES (AYS) LTD
(A COMPANY LIMITED BY GUARANTEE)

David Shores & Co Ltd
36a Station Road
New Milton
Hampshire
BH25 6JX

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

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for the Year Ended 31 December 2023

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ASSOCIATION FOR YOGA STUDIES (AYS) LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 December 2023**

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 December 2023. 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 2019).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charity's objects as detailed by its Memorandum of Association are:

aYs is keen to support members to develop their yoga knowledge and teaching by promoting and offering events, including an annual convention, workshops, lectures, and offering bursaries where required to support this.

aYs is exploring how to increase the number of teacher training courses available which in due course would increase the number of yoga teachers in this tradition, and the aYs membership.

aYs is working to develop the relationship with their sister organisation, TSYP (The Society for Yoga Practitioners).

Significant activities

As at 31st December 2023 there were 169 (2022 - 183) members.

Members normally receive a journal twice a year and a newsletter three times a year. The newsletter is distributed to a wider audience than our members, thereby meeting our aim to inform the public.

An annual convention is held which is open to the general public and members and offers a high standard of lectures and workshops.

Teacher members list their events on the aYs website assisting the general public's awareness of training opportunities in this tradition.

To promote membership, there is active maintenance of the website and social media (Facebook, Instagram) with the aim to engage members and widen the knowledge of aYs and the opportunities it provides.

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

REPORT OF THE TRUSTEES **for the Year Ended 31 December 2023**

ACHIEVEMENT AND PERFORMANCE

In the year ending 31st December 2023 aYs made an overall surplus of £5,127 (2022 - £3,419) and had net assets of £33,421 as at 31st December 2023 (2022 - £28,294). This is a healthy position for the association.

The 2023 aYs Convention, the 20th, was held in October and proved very popular selling out within a few weeks from bookings opening. The plenary speaker was the internationally recognised yoga educator, Leslie Kaminoff, who was a direct student of T K V Desikachar. The theme was 'Desikachar's Revolution: Yoga as Relationship - The Individual, The Breath'.

This was the first time the convention was scheduled for October (previously always in July) with the intention of enabling more people to attend outside the summer holiday period.

60 people attended and the convention made a surplus of £2,237 (2022 - £594).

For the first time aYs supported the running of a community yoga programme during 2023 which assisted a group of people with Long Covid. This was successfully delivered and excellent feedback was received from the participants. The project was fully funded through local and national government funding bodies.

Monthly practice sanghas continue to be held on-line, for our members to share experiences and knowledge of yoga in this tradition.

Continuing Professional Development opportunities are offered through the Convention and events offered by teachers. Events, information and other resources are available on the website.

The newsletter has provided a platform for members' opinions, reviews and advertising of events which may be attended by non-members. Once or twice a year, aYs also produces a magazine called the Journal which is for members only, in which longer and more in-depth articles on yoga and its philosophy are printed.

Increased activity on social media enables members and the wider public to keep up to date on aYs activities and our approach to yoga.

FUTURE PLANS

The annual convention for 2024 is being held jointly with our sister organization TSYP in Northamptonshire in October and will be our first joint in-person event. Already bookings have surpassed expectations.

The keynote speaker will be R Sriram, long-time student of TKV Desikachar and renowned teacher of over 40 years based in India and Germany. Mekhala Desikachar will be present for a plenary session.

The cloud-based software system MembershipWorks is being implemented to manage memberships, renewals and events. It is anticipated this system will be fully live for 2024 renewals.

Members are encouraged to apply for a bursary to continue their yoga studies where financial assistance would enable them to do so. One bursary has been approved to date in 2024.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Recruitment and appointment of new trustees

Trustees are appointed in accordance with the requirements of the Articles of Association.

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

REPORT OF THE TRUSTEES
for the Year Ended 31 December 2023

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

12093316 (England and Wales)

Registered Charity number

1190681

Registered office

36a Station Road
New Milton
Hampshire
BH25 6JX

Trustees

D Baldwin
Ms S Chudley
Ms J A Kirby
Ms D Charlett
Ms A Oakes
P Copestake (appointed 1.1.23)
C Hargreaves (appointed 1.1.23)

Independent Examiner

Terence Leslie Smith CA
David Shores & Co Ltd
36a Station Road
New Milton
Hampshire
BH25 6JX

Approved by order of the board of trustees on 2/6/2024 and signed on its behalf by:

JOSE KIRBY

.....

Ms J A Kirby - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
ASSOCIATION FOR YOGA STUDIES (AYS) LTD**

Independent examiner's report to the trustees of Association for Yoga Studies (AYS) Ltd ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2023.

Responsibilities and basis of report

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 ('the 2006 Act').

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.

Terence Leslie Smith CA

David Shores & Co Ltd
36a Station Road
New Milton
Hampshire
BH25 6JX

Date: 2/6/2024

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 December 2023

		2023 Unrestricted fund £	2022 Total funds £
	Notes		
INCOME AND ENDOWMENTS FROM			
Donations and legacies		32,076	19,185
Investment income	2	<u>674</u>	<u>44</u>
Total		<u>32,750</u>	<u>19,229</u>
 EXPENDITURE ON			
Raising funds		<u>27,623</u>	<u>15,810</u>
 NET INCOME		5,127	3,419
 RECONCILIATION OF FUNDS			
Total funds brought forward		<u>28,294</u>	<u>24,875</u>
 TOTAL FUNDS CARRIED FORWARD		<u><u>33,421</u></u>	<u><u>28,294</u></u>

The notes form part of these financial statements

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

BALANCE SHEET
31 December 2023

		2023 Unrestricted fund £	2022 Total funds £
	Notes		
CURRENT ASSETS			
Debtors	5	405	191
Cash at bank		<u>37,013</u>	<u>31,568</u>
		37,418	31,759
CREDITORS			
Amounts falling due within one year	6	(3,997)	(3,465)
NET CURRENT ASSETS		<u>33,421</u>	<u>28,294</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		33,421	28,294
NET ASSETS		<u>33,421</u>	<u>28,294</u>
FUNDS	7		
Unrestricted funds		<u>33,421</u>	<u>28,294</u>
TOTAL FUNDS		<u>33,421</u>	<u>28,294</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2023.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2023 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 2/6/2024 and were signed on its behalf by:

JOSE KIRBY

.....
J A Kirby - Trustee

The notes form part of these financial statements

NOTES TO THE FINANCIAL STATEMENTS
for the Year Ended 31 December 2023

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) '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 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2. INVESTMENT INCOME

	2023	2022
	£	£
Deposit account interest	<u>674</u>	<u>44</u>

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 December 2023

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 December 2023 nor for the year ended 31 December 2022.

Trustees' expenses

There were no trustees' expenses paid for the year ended 31 December 2023 nor for the year ended 31 December 2022.

4. STAFF COSTS

There were no staff costs for the year ended 31 December 2023 nor for the year ended 31 December 2022.

The average monthly number of employees during the year was as follows:

	2023	2022
Trustees	<u>7</u>	<u>5</u>

No employees received emoluments in excess of £60,000.

5. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Prepayments	<u>405</u>	<u>191</u>

6. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	627	-
Bursary provision account	1,293	1,293
Accrued expenses	<u>2,077</u>	<u>2,172</u>
	<u>3,997</u>	<u>3,465</u>

7. MOVEMENT IN FUNDS

	At 1.1.23	Net movement in funds	At
	£	£	31.12.23 £
Unrestricted funds			
General fund	28,294	5,127	33,421
	<u>28,294</u>	<u>5,127</u>	<u>33,421</u>
TOTAL FUNDS			
	<u>28,294</u>	<u>5,127</u>	<u>33,421</u>

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 December 2023

7. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	32,750	(27,623)	5,127
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>32,750</u>	<u>(27,623)</u>	<u>5,127</u>

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	At 31.12.22 £
Unrestricted funds			
General fund	24,875	3,419	28,294
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>24,875</u>	<u>3,419</u>	<u>28,294</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	19,229	(15,810)	3,419
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>19,229</u>	<u>(15,810)</u>	<u>3,419</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	At 31.12.23 £
Unrestricted funds			
General fund	24,875	8,546	33,421
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>24,875</u>	<u>8,546</u>	<u>33,421</u>

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

NOTES TO THE FINANCIAL STATEMENTS - continued
for the Year Ended 31 December 2023

7. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	51,979	(43,433)	8,546
	<hr/>	<hr/>	<hr/>
TOTAL FUNDS	<u>51,979</u>	<u>(43,433)</u>	<u>8,546</u>

8. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

ASSOCIATION FOR YOGA STUDIES (AYS) LTD

DETAILED STATEMENT OF FINANCIAL ACTIVITIES
for the Year Ended 31 December 2023

Statement of Income and Expenditure

	12 Months ended 31.12.23	12 Months ended 31.12.22
	£	£
Membership Fees Received		
Friends	1,175	1,315
Students	100	150
Teachers	4,270	4,357
Gift Aid Reclaimed on Membership Fees	117	263
Total membership fees received	5,662	6,085
Community Projects:		
Income from Community Projects	2,465	0
Expenditure for Community Projects	(2,465)	0
Community Project Net Income	0	0
General Expenses:		
Web site	(249)	(185)
Administrative support	(1,044)	(1,000)
Directors' and officers' insurance	(222)	(222)
Software and computer equipment	(138)	(15)
Postage	0	0
Stationery	0	0
Journal expenses	(295)	(440)
BCYT & Yoga Therapy Association membership	(300)	(200)
Legal and Professional Fees	(449)	(437)
Accounting Fees	(640)	(659)
Bank charges	(106)	(91)
Paypal commission	(25)	(26)
Thank you gifts	(38)	(29)
Total general expenses	(3,506)	(3,304)
Membership Fees Received less General expenses	2,156	2,781

This page does not form part of the statutory financial statements

<u>Statement of Income and Expenditure (continued)</u>	12 Months ended 31.12.23	12 Months ended 31.12.22
	£	£
AYS Convention		
Fees received		
In person attendance fees	23,588	11,864
Online/Recordings attendance fees	300	1,238
Expenses		
Accommodation	(17,244)	(8,824)
Teaching fees - plenary speakers	(843)	(1,000)
Teaching fees - tutors	0	(98)
Additional Speakers/Facilitators	(300)	(500)
Travel expenses & visas	(837)	0
Organisation fees	(2,060)	(1,860)
Gifts	0	0
Paypal Commission	(121)	(15)
Zoom & Vimeo Licences	(246)	(62)
Computer expenses	0	(149)
Surplus / (deficit) on aYs Convention	2,237	594
Bank interest received	674	44
Donations	60	0
Net income for current year's activities	5,127	3,419

This page does not form part of the statutory financial statements