

# THE YOGA IN HEALTHCARE ALLIANCE LTD

England & Wales · Charity number 1190806

## Details

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Status	Registered
Legal form	Charitable company
Company number	<a href="#">10712121</a>
Registered	2020-08-11
Register	<a href="#">View on the Charity Commission register</a>

## Contact

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Address	7 Dark Lane Malmesbury Wiltshire SN16 0BB
Phone	07782413146
Email	<a href="mailto:contactyoga4health@gmail.com">contactyoga4health@gmail.com</a>
Website	<a href="https://yogainhealthcarealliance.com/">https://yogainhealthcarealliance.com/</a>

## Activities

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**Objects:** TO PROMOTE AND PROTECT THE MENTAL AND PHYSICAL HEALTH OF THE PUBLIC BY RAISING AWARENESS AND ADVANCING EDUCATION ON YOGA AND ITS BENEFITS FOR HEALTH, AND IN PARTICULAR (BUT NOT EXCLUSIVELY) BY: A) ENCOURAGING AND HELPING MEMBERS OF THE GENERAL PUBLIC AND HEALTHCARE PROFESSIONALS TO HAVE A GREATER KNOWLEDGE AND UNDERSTANDING OF ALL ASPECTS OF YOGA AND ITS PRACTICE BY PROVISION OF INFORMATION, STUDY, EDUCATION AND TRAINING; B) MAINTAINING AND IMPROVING THE STANDARD OF TEACHING OF YOGA FOR HEALTH PURPOSES BY ORGANISING TEACHER TRAINING, EDUCATION AND OTHER COURSES IN ALL ASPECTS OF YOGA; C) TO PROMOTE RESEARCH INTO THE METHODS AND EFFECTS OF ALL FORMS OF YOGA WITH A VIEW TO UNDERSTANDING THEIR HEALTH BENEFITS MORE FULLY AND INCREASING THEIR EFFICACY.

**Activities:** YIHA campaigns to integrate the benefits of yoga into healthcare, and runs the NHS-commissioned 10-week Yoga4Health social prescribing programme for NHS patients who need to make lifestyle changes to avoid chronic illness. Part of the charity's remit is to provide information and research on the benefits of yoga, and to support the NHS in tackling non-communicable diseases (NCDs)

## Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups, The General Public/mankind

## Geography

- Northern Ireland
- Scotland
- Throughout England And Wales

## Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£26,217	£19,320	-	-
2024-03-31	£3,873	£5,828	-	-
2023-03-31	£7,174	£19,086	-	-
2022-03-31	£18,775	£14,682	-	-
2021-03-31	£3,990	£8,410	-	-

## Trustees

Name	Role	Appointed
Avichal Sharma		2021-09-22
Dr Chang-Sun Park		2023-05-15
Dr Rupal Dave		2021-09-22
Heather Mason		2020-08-11
Nicole Schnackenberg		2017-08-25
Rebekah Lawrence		2021-09-22
Sat Bir Singh Khalsa		2020-08-11

**THE YOGA IN HEALTHCARE ALLIANCE LTD**

England & Wales - Charity number 1190806

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# Accounts

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**THE YOGA IN HEALTH CARE ALLIANCE LTD  
DIRECTORS' REPORT AND  
UNAUDITED FINANCIAL STATEMENTS  
FOR THE YEAR ENDED 31 MARCH 2025**

Whitefield Tax Limited  
Chartered Certified Accountants and Registered Auditor  
Arnold House  
2 New Road  
Brading  
Isle Of Wight  
PO36 0DT

## The Yoga In Health Care Alliance Ltd Contents

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**The Yoga In Health Care Alliance Ltd**  
**Company Information**  
**For The Year Ended 31 March 2025**

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**Directors**

Miss Heather Mason  
Dr Nicole Schnackenberg  
Mr Sat Singh Khalsa  
Dr Sakthidharan Karunanithi  
Miss Rebekah Lawrence  
Dr Rupal Dave  
Dr Avichal Sharma  
Dr Chang-Sun Park

**Company Number**

10712121

**Registered Office**

Arnold House 2 New Road  
Brading  
Sandown  
PO36 0DT

**Accountants**

Whitefield Tax Limited  
Chartered Certified Accountants and Registered Auditor  
Arnold House  
2 New Road  
Brading  
Isle Of Wight  
PO36 0DT

**The Yoga In Health Care Alliance Ltd**  
**Company No. 10712121**  
**Directors' Report For The Year Ended 31 March 2025**

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The directors present their report and the financial statements for the year ended 31 March 2025.

**Review of the Business**

The company was granted Registered Charity status on 11th August 2020.  
The financial statements for the period to 31 March 2020 do not of course reflect this status.

**Directors**

The directors who held office during the year were as follows:

Miss Heather Mason  
Dr Nicole Schnackenberg  
Mr Sat Singh Khalsa  
Dr Sakthidharan Karunanithi  
Miss Rebekah Lawrence  
Dr Rupal Dave  
Dr Avichal Sharma  
Dr Chang-Sun Park

**Statement of Directors' Responsibilities**

The directors are responsible for preparing the Directors' Report and the financial statements in accordance with applicable law and regulations.

Company law requires the directors to prepare financial statements for each financial year. Under that law the directors have elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the surplus or deficit of the company for that period. In preparing the financial statements the directors are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the company will continue in business.

The directors are responsible for keeping adequate accounting records that are sufficient to show and explain the company's transactions and disclose with reasonable accuracy at any time the financial position of the company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The directors are responsible for the maintenance and integrity of the corporate and financial information included on the company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

**Small Company Rules**

This report has been prepared in accordance with the special provisions relating to companies subject to the small companies regime within Part 15 of the Companies Act 2006.

On behalf of the board

Dr Nicole Schnackenberg

Director  
25 June 2025

**The Yoga In Health Care Alliance Ltd  
Accountants' Report  
For The Year Ended 31 March 2025**

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**Report to the directors on the preparation of the unaudited statutory accounts of The Yoga In Health Care Alliance Ltd For The Year Ended 31 March 2025**

To assist you to fulfil your duties under the Companies Act 2006, we have prepared for your approval the accounts of The Yoga In Health Care Alliance Ltd which comprise the Income Statement, the Statement of Financial Position and the related notes, from the company's accounting records and from information and explanations you have given us.

As a practising member firm of the Association of Chartered Certified Accountants, we are subject to its ethical and other professional requirements which are detailed at <http://www.accaglobal.com/en/member/professional-standards/rules-standards/acca-rulebook.html>.

This report is made to the directors of The Yoga In Health Care Alliance Ltd, as a body, in accordance with the terms of our engagement. Our work has been undertaken solely to prepare for your approval the accounts of The Yoga In Health Care Alliance Ltd and state those matters that we have agreed to state to the directors of The Yoga In Health Care Alliance Ltd, as a body, in this report in accordance with the Association of Chartered Certified Accountants as detailed at [http://www.accaglobal.com/content/dam/ACCA\\_Global/Technical/fact/technical-factsheet-163.pdf](http://www.accaglobal.com/content/dam/ACCA_Global/Technical/fact/technical-factsheet-163.pdf). To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than The Yoga In Health Care Alliance Ltd and its directors as a body for our work or for this report.

It is your duty to ensure that The Yoga In Health Care Alliance Ltd has kept adequate accounting records and to prepare statutory accounts that give a true and fair view of the assets, liabilities, financial position and profit or loss of The Yoga In Health Care Alliance Ltd. You consider that The Yoga In Health Care Alliance Ltd is exempt from the statutory audit requirement for the year.

We have not been instructed to carry out an audit or a review of the accounts of The Yoga In Health Care Alliance Ltd. For this reason, we have not verified the accuracy or completeness of the accounting records or information and explanations you have given to us and we do not, therefore, express any opinion on the financial statements.

25 June 2025

Whitefield Tax Limited  
Chartered Certified Accountants and Registered Auditor  
Arnold House  
2 New Road  
Brading  
Isle Of Wight  
PO36 0DT

**The Yoga In Health Care Alliance Ltd**  
**Income Statement**  
**For The Year Ended 31 March 2025**

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	<b>Notes</b>	<b>2025</b>	<b>2024</b>
		<b>£</b>	<b>£</b>
Cost of sales		(12,020)	(1,223)
		<hr/>	<hr/>
<b>GROSS DEFICIT</b>		(12,020)	(1,223)
Administrative expenses		(7,300)	(5,828)
Other operating income		26,217	3,873
		<hr/>	<hr/>
<b>OPERATING SURPLUS/(DEFICIT) AND SURPLUS/(DEFICIT) FOR THE FINANCIAL YEAR</b>		6,897	(3,178)
		<hr/> <hr/>	<hr/> <hr/>

The notes on page 6 form part of these financial statements.

**The Yoga In Health Care Alliance Ltd**  
**Statement of Financial Position**  
**As At 31 March 2025**

	Notes	2025		2024	
		£	£	£	£
<b>FIXED ASSETS</b>					
Investments	4		100		100
			100		100
<b>CURRENT ASSETS</b>					
Debtors	5	2,139		2,139	
Cash at bank and in hand		10,564		3,311	
		12,703		5,450	
<b>Creditors: Amounts Falling Due Within One Year</b>	6	(1,961)		(1,605)	
			10,742		3,845
<b>NET CURRENT ASSETS (LIABILITIES)</b>			10,742		3,845
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>			10,842		3,945
<b>NET ASSETS</b>			10,842		3,945
Income Statement			10,842		3,945
<b>MEMBERS' FUNDS</b>			10,842		3,945

For the year ending 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

The members have not required the company to obtain an audit in accordance with section 476 of the Companies Act 2006.

The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

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

On behalf of the board



Ms Heather Fara Mason



Dr Nicole Schnackenberg

Director  
15 July 2025

The notes on page 6 form part of these financial statements.

**The Yoga In Health Care Alliance Ltd**  
**Notes to the Financial Statements**  
**For The Year Ended 31 March 2025**

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**1. General Information**

The Yoga In Health Care Alliance Ltd is a private company, limited by guarantee, incorporated in England & Wales, registered number 10712121. The registered office is Arnold House 2 New Road, Brading, Sandown, PO36 0DT.

**2. Accounting Policies**

**2.1. Basis of Preparation of Financial Statements**

The financial statements have been prepared under the historical cost convention and in accordance with Financial Reporting Standard 102 section 1A Small Entities "The Financial Reporting Standard applicable in the UK and Republic of Ireland" and the Companies Act 2006.

**3. Average Number of Employees**

There were no direct employees during the period. NIL (2024: NIL)

**4. Investments**

		<b>Unlisted</b>
		<b>£</b>
<b>Cost</b>		
As at 1 April 2024		100
As at 31 March 2025		100
<b>Provision</b>		
As at 1 April 2024		-
As at 31 March 2025		-
<b>Net Book Value</b>		
As at 31 March 2025		100
As at 1 April 2024		100

**5. Debtors**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
<b>Due within one year</b>		
Other debtors	2,139	2,139
	2,139	2,139

**6. Creditors: Amounts Falling Due Within One Year**

	<b>2025</b>	<b>2024</b>
	<b>£</b>	<b>£</b>
Other creditors	1,961	1,605
	1,961	1,605

**7. Company limited by guarantee**

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

**The Yoga In Health Care Alliance Ltd**  
**Detailed Income Statement**  
**For The Year Ended 31 March 2025**

	2025		2024	
	£	£	£	£
<b>COST OF SALES</b>				
Subcontract teachers (Cost of sales)	12,020		1,223	
		(12,020)		(1,223)
<b>GROSS DEFICIT</b>				
		(12,020)		(1,223)
<b>Administrative Expenses</b>				
Travel and subsistence expenses	576		-	
Vehicle parking costs	-		203	
Insurance	246		1,235	
Printing, postage and stationery	-		369	
Advertising and marketing costs	1,021		-	
Training seminars and workshops	30		225	
Website costs	682		1,262	
Accountancy fees	1,614		1,210	
Professional fees	1,756		540	
Subscriptions	-		650	
Bank charges	132		134	
Charitable donations	1,230		-	
Sundry expenses	13		-	
		(7,300)		(5,828)
<b>Other Operating Income</b>				
Grants and subsidies received	16,670		-	
Management charges	5,000		-	
Income from donations	4,547		3,873	
		26,217		3,873
<b>OPERATING SURPLUS/(DEFICIT) AND SURPLUS/(DEFICIT) FOR THE FINANCIAL YEAR</b>				
		6,897		(3,178)

**The Yoga In Health Care Alliance Ltd**  
**Detailed Income Statement**  
**For The Year Ended 31 March 2025**

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## YIHA Directors Report

### Introduction

During the year 2024/25 the charity increase income six-fold and achieved an operating surplus of £6,897. The work of the charity continued to expand, with nearly 600 Yoga4Health teachers, reaching 800 NHS staff registered on the Yoga4NHS staff wellbeing programme.

**From:** 1<sup>st</sup> April 2024 to: 31<sup>st</sup> March 2025

**Charity name:** The Yoga in Healthcare Alliance Limited Ltd

**Charity registration number:** 1190806 (England & Wales)/SC051785 (Scotland)

**Company registered number:** 10712121

### Objectives and activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote and protect the mental and physical health of the public by raising awareness and advancing education on yoga and its benefits for health, and in particular (but not exclusively) by: a) Encouraging and helping members of the general public and healthcare professionals to have a greater knowledge and understanding of all aspects of yoga and its practice by provision of information, study, education and training; b) Maintaining and improving the standard of teaching of yoga for health purposes by organising teacher training, education and other courses in all aspects of yoga; c) To promote research into the methods and effects of all forms of yoga with a view to understanding their health benefits more fully and increasing their efficacy
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	The Yoga in Healthcare Alliance charity continued to train yoga teachers through its subsidiary, YIHA Training Limited, to deliver the Yoga4Health course to NHS patients as a prevention/early intervention programme, increasing the numbers of Yoga4Health teachers to 600. The charity also developed a Yoga4NHS staff wellbeing protocol and submitted it to the Royal College of GPs for approval. YIHA held meetings with Parliamentarians in its role as Secretariate to the APPG on Yoga in Society.
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	The directors have regard for the guidance issued by the Charity Commission on public benefit while undertaking their role and work.

**The Yoga In Health Care Alliance Ltd  
Detailed Income Statement  
For The Year Ended 31 March 2025**

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## Financial review

Review of the charity's financial position at the end of the period	Para 1.21	As a charity involved in social prescribing, many of the activities that might have been undertaken continued to be affected by tight public finances and competing health priorities.
Statement explaining the policy for holding reserves stating why they are held	Para 1.22	A reserves policy of 5,000.00 is in place to safeguard the essential work of the charity.
Amount of reserves held	Para 1.22	6,897.00
Reasons for holding zero reserves	Para 1.22	N/A
Details of fund materially in deficit	Para 1.24	N/A
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23	N/A

## Structure, governance and management

Description of charity's trusts:		
Type of governing document:	Para 1.25	Articles of Association
How is the charity constituted?	Para 1.25	Limited company
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Selection based on expertise, with reference to representation and diversity.

## Reference and administrative details

Charity name	The Yoga in Healthcare Alliance Limited
Other name the charity uses	YIHA
Registered charity number	1190806
Charity's registered address	Arnold House, 2 New Road, Brading, Sandown, Isle of Wight, PO35 0DT
Charity's main postal address	36 Chapel Street, Ely, Cambridgeshire, CB6 1AD

**The Yoga In Health Care Alliance Ltd  
Detailed Income Statement  
For The Year Ended 31 March 2025**

**Names of the charity trustees who manage the charity**

	<b>Trustee name</b>	<b>Office (if any)</b>	<b>Dates acted if not for whole year</b>	<b>Name of person (or body) entitled to appoint trustee (if any)</b>
1	Heather Mason	Director		
2	Dr Sat Bir Singh Khalsa	Director		
3	Dr Avichal Sharma	Director		
4	Dr Rupal Dave	Director		
5	Dr Rebekah Lawrence	Director		
6	Dr Nicole Schnackenberg	Director		
7	Dr Sakthidharan Karunanithi	Director		

**Corporate trustees – names of the directors at the date the report was approved**

<b>Director name</b>	
Heather Mason	
Dr Sat Bir Singh Khalsa	
Dr Avichal Sharma	
Dr Rupa Dave	
Dr Rebekah Lawrence	
Dr Nicole Schnackenberg	
Dr Chang Sun Park	
Dr Sakthidharan Karunanithi	

**The Yoga In Health Care Alliance Ltd  
Detailed Income Statement  
For The Year Ended 31 March 2025**

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## Declarations

The company has taken advantage of the small companies' exemption in preparing the report above.

The trustees declare that they have approved the trustees' report (including directors' report) above.

Signed on behalf of the charity's trustees/directors

Signature(s)

	
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Full name(s)

Heather Fara Mason
Nicole Schnackenberg

Date

15.07.2025
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