

# MIND YOUR YOGA FOUNDATION

England & Wales · Charity number 1192306

## Details

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**Status** Registered

**Legal form** CIO

**Registered** 2020-11-12

**Register** [View on the Charity Commission register](#)

## Contact

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**Address** 10 Roath Road  
Portishead  
Bristol  
BS20 6AN

**Phone** 07904575263

**Email** [carla@mindyouryoga.org](mailto:carla@mindyouryoga.org)

## Activities

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**Objects:** THE PRESERVATION AND PROTECTION OF GOOD HEALTH IN PARTICULAR BUT NOT EXCLUSIVELY AMONG THOSE SUFFERING WITH MENTAL HEALTH OR ILLNESS BY THE PROVISION OF YOGA AND ASSOCIATED SERVICES.

**Activities:** Providing free yoga sessions to people suffering from poor mental health

## Classification

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- **How:** Provides Services
- **What:** The Advancement Of Health Or Saving Of Lives
- **Who:** Children/young People, Elderly/old People, The General Public/mankind

## Geography

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- Bath And North East Somerset
- Bristol City
- Caerphilly
- Cardiff
- City Of Swansea
- Newport City
- North Somerset

## Finances

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Period end	Income	Expenditure	Assets	Employees
2025-04-06		-	-	-
2024-04-06		-	-	-
2023-04-06		-	-	-
2022-04-06		£0	£0	-

## Trustees

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Name	Role	Appointed
Jason Deslandes	Chair	2020-09-10
Karen Scott		2020-09-10
Lisa Ling		2020-09-10