

# Grampian Yoga Association

Scotland · Charity number SC016624

## Details

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Status	Active
Legal form	Unincorporated association
Registered	1984-07-04
Register	<a href="#">View on the OSCR register</a>

## Contact

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Address	6 Annfield Terrace Aberdeen AB10 6TJ
Website	<a href="http://www.grampianyoga.org.uk">www.grampianyoga.org.uk</a>

## Activities

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**Activities:** 'It makes grants, donations, loans, gifts or pensions to individuals'

**Purposes:** 'the advancement of health'

**What the charity does:** Our purpose is to provide access to yoga, in a range of styles, by holding events with local and international teachers. Our events are open to members and non-members. We also run events that bring yoga to groups who may not usually have access to yoga and the benefits it can provide.

**Beneficiaries:** 'No specific group, or for the benefit of the community'

**Objectives:** The object of the organisation shall be to promote yoga in all its aspects in Grampian Region.

## Geography

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- **Main operating location:** Aberdeenshire
- **Geographical spread:** Wider, but within one local authority area

## Finances

Period end	Income	Expenditure	Assets	Employees
2026-01-31	£4,538	£4,548	-	0
2025-01-31	£4,467	£4,211	-	0
2024-01-31	£4,362	£3,601	-	0
2023-01-31	£4,426	£4,126	-	0
2022-01-31	£2,449	£2,968	-	0

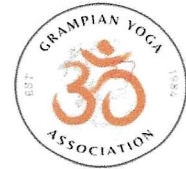
**Grampian Yoga Association**

Scotland - Charity number SC016624

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# Accounts

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## Trustees Annual Report For the period 1<sup>st</sup> February 2025 to 31st January 2026

### REFERENCE AND ADMINISTRATION DETAILS

**CHARITY NAME** GRAMPIAN YOGA ASSOCIATION (GYA)  
**CHARITY NUMBER** SC016624

#### Trustees

Chair Rebecca Murray  
Treasurer Alison Miller  
Secretary Sheena Allan

#### Contact Address

Grampian Yoga Association, c/o Rebecca Murray, Chair [rebecca@rebeccayoga.com](mailto:rebecca@rebeccayoga.com) and Alison Miller, Treasurer [alisonmilleryoga@gmail.com](mailto:alisonmilleryoga@gmail.com)

### STRUCTURE, GOVERNANCE AND MANAGEMENT

#### Governing Document

The Association is a charitable unincorporated association, and the purpose and administration arrangements are set out in its Constitution.

#### Committee

All trustees are members of the committee

Vice Chair	Louise MacRae	
Committee Members	Moira Donald	Nicky Bramley
	Kelly Signorini	Sankesh Sundareshwar
	Ritu Awasthi	Gayle Sheed

#### Recruitment and Appointment of Trustees and Committee

All office bearers are elected at the Annual General Meeting and hold office from the day following the AGM until the end of the day of the next AGM. Office bearers retire annually, although they are eligible for re-election.

#### Charitable Purposes

The purpose of the Association, as recorded in the Constitution, is "to promote yoga in all its aspects within the Grampian area".

#### Membership

Membership is open to anyone on the payment of the annual subscription, subject to any limitation on numbers that may be fixed by the committee. All members are entitled to attend and vote at Special and Annual General Meetings.



## OBJECTIVES AND ACTIVITIES

As a charity run by a dedicated team of volunteer committee members, GYA brings people together through workshops, retreats, community events and masterclasses with teachers from Scotland and beyond.

We also support students on their yoga journey with sponsorships for foundation and teacher training, and we maintain a register of local teachers to help the community find welcoming, high-quality classes.

Our membership currently stands at 82 compared to 81 the previous year. At the AGM, Rebecca Murray was re-elected as Chair and Louise MacRae as Vice Chair. Alison Miller was re-elected as Treasurer. Sheena Allan was re-elected as Secretary and Membership Secretary. Nicky Bramley, Kelly Signorini, Sankesh Sundareshwar, Ritu Awasthi and Gayle Sheed were re-elected as Committee members.

2025 has been a transformative year for our yoga community across the Grampian region. From an energised GYA committee to full-house workshops in the city, every moment has been powered by connection, curiosity and a shared love of yoga.

Here's what we've celebrated together this year:



Seasonal Retreats that brought stillness, renewal and the joy of unplugging in stunning local venues



Yoga and Sound Events, blending movement with sound baths and live ambient music



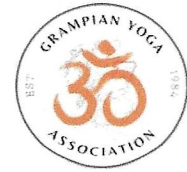
Guest Teacher Masterclasses featuring inspiring instructors from across Scotland, our own community and this year from USA



Community Fundraisers supporting local charities, wellbeing initiatives and bringing yoga to new audiences

## ACHIEVEMENTS AND PERFORMANCE

Results	Admin	Events	Total	Bank Reconciliation	
Receipts	£1,467	£3,071	£4,538	Opening balance	£12,421
Payments	£2,093	£2,455	£4,548	(Deficit)	(£10)
Surplus / (Deficit)	(£626)	£616	(£10)	Closing bank balance	£12,411



## Events: February 2025 – January 2026

**AGM Seminar**  
**Rebecca Murray and**  
**Ritu Awasthi**

**Sunday 23<sup>rd</sup> March**  
**Aberdeen Hindu Temple**



Receipts	£225	Following the AGM our Chair Rebecca, and committee member Ritu, led the attendees through a Spring Solstice practice. Rebecca and Ritu donated their time for this event.
Payments: Hall Hire	<u>£121</u>	
Surplus	<b>£104</b>	

**Steady and Sweet:**  
**Moving from the Middle**  
**Mary Richards**

**Saturday 24<sup>th</sup> May**  
**Aberdeen Hindu Temple**



Receipts		£1,200	In May we enjoyed a day of yoga with Mary Richards, MS from the USA. As well as treating us to a fun and informative day, Mary also signed copies of her book Teach People Not Poses. Mary was already in the UK. GYA paid travel to and from London. GYA's bank account doesn't have the foreign currency payment function activated so fees were paid by the Treasurer and reimbursed by GYA.
Payments	Tutor Fees	£500	
	Tutor Exp	£247	
	Hall Hire	£143	
	Fees	<u>£58</u>	
Total Payments		<u>£948</u>	
<b>Surplus</b>		<b>£252</b>	

**International Yoga Day**

**Saturday 21<sup>st</sup> June**  
**Woodbank**



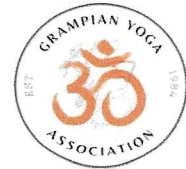
Receipts	£0	In June, in conjunction with other yoga associations we had a key presence at a celebration of International Yoga Day. The venue for the event was provided free of charge. Sponsorship was received for Consulate General of India. The remainder of the costs were shared between the other yoga associations.
Payments:		
Share of costs (Deficit)	<u>£37</u> <b>(£37)</b>	

**An afternoon of Iyengar yoga**  
**Joe Burn**

**Saturday 25<sup>th</sup> October**  
**Fountainhall Church**



Receipts		£567	Local teacher Joe Burn treated us to an Iyengar yoga practice followed by a discussion on Sanskrit.
Payments	Tutor Fees	£150	
	Hall Hire	£77	
	Fees	£12	
Total Payments		<u>£239</u>	
<b>Surplus</b>		<b>£328</b>	



## Events cont/

**Coorie Doon  
Nicky Bramley  
and Kelly Signorini**

**Friday 31<sup>st</sup> October  
Rosemount Community  
Centre**



Receipts	GYA	£200	
	RCC	£300	
<b>Total Receipts</b>			<b>£500</b>
Payments	Tutor Fees	£400	
	Tutor Exp	£18	
	Fees	£10	
<b>Total Payments (Deficit)</b>			<b>£428 (£73)</b>
<b>GYA Contribution</b>			<b>£224</b>
<b>Donation to RCC</b>			<b>£297</b>

For the second year running, GYA supported Rosemount Community Centre with the Coorie Doon event. Yoga practice with Nicky was followed by a sound bath with Kelly. The surplus for the event was £73.

Both organisations promoted the event and collected fees. GYA paid the tutors. GYA added £224 to the surplus and £297 was earned for yoga activities at RCC.

**Winter Solstice  
Rebecca Murray  
and Kelly Signorini**

**Sunday 21<sup>st</sup> December  
Love Yoga**



Receipts			<b>£879</b>
Payments	Tutor Fees	£450	
	Tutor Expenses	£29	
	Hall Hire	£75	
	Fees	£12	
<b>Total Payments</b>			<b>£566</b>
<b>Surplus</b>			<b>£313</b>

Our second Winter Solstice event was held at Love Yoga. Our Chair, Rebecca, lead us through a Moon Salutation This was followed by a sound bath with Kelly.

**Aberdeen Health & Wellbeing  
Festival** **Saturday 10<sup>th</sup> January  
Beach Ballroom**



Receipts	£0	Following the success of last year's event, GYA took part in the festival
Payments: stall fee	<u>£120</u>	again. This is an opportunity to promote the organisation and meet
(Deficit)	<b>(£120)</b>	people from other wellbeing organisations.



### Looking to the year head –

We're stepping into the new year with even bigger plans, including:



Bringing New & Exciting Teachers to Grampian -- workshops, talks, and events offering CPD training



Advanced Study Modules for teachers and dedicated practitioners wanting to expand their skills



Community Outreach Programs designed to make yoga more accessible across the region



Accessible to All —supporting all people, regardless of means, bringing yoga to your community

Here's a selection of what you can look forward to in the coming year:

Saturday 28<sup>th</sup> February  
Love Yoga

Held in Scent with Katrino Oils

Sunday 22<sup>nd</sup> March  
Cults Kirk Centre

Spring Solstice Yoga and Sound Bath with Kelly Signorini and Gayle Sheed

Saturday 23<sup>rd</sup> May  
Fountainhall Church

A Yoga Journey with Lindsey Porter

June 2026  
Venue TBC

International Yoga Day event in association with other yoga organisations

Saturday 26<sup>th</sup> September &  
Sunday 27<sup>th</sup> September  
Venue TBC

A Weekend of Yoga with Donna Noble

GYA is here to help you connect, learn and grow whether you are new to yoga or a dedicated yoga practitioner.

Whether you're brand new to yoga or have been practicing for years, there's a place for you here. Let's grow, breathe, learn, and inspire—together.

Follow us, join an event—2026 is going to be our most vibrant year yet!



## **FINANCIAL REVIEW**

### **Reserves**

The trustees have reviewed the reserves policy, and it is the opinion of the trustees' that the GYA assets of £12,411, being the balance held in the bank accounts is sufficient to fund the continuing activities of Grampian Yoga Association. In accordance with the reserves policy, a term deposit account has been set up and £5,000 of the cash assets have been transferred to this account.

### **Deficit**

The result for the year was a deficit of £10. With assets of over £12k, GYA are in a position to allow payments in the year to exceed receipts. As support for the community and sponsorship increases, then small deficits are likely to be the regular pattern for the organisation.

### **Donations - Services**

GYA is wholly run by volunteers. All work done by trustees and the committee members for the activities and obligations of the organisation is carried out free of charge.

Tutor fees were donated by the Chair and a committee member for the AGM Seminar.

The financial records are examined by a qualified accountant who donates her time.

### **AGM**

The Annual General Meeting is on Sunday 22nd March 2026 from 11.00 to 12.00 and will be held at the Cults Kirk Centre, 404 North Deeside Road, Cults, Aberdeen.

GYA Members are invited to attend the AGM, and we welcome suggestions for development or improvement.

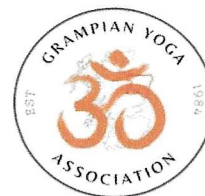
### **DECLARATION**

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

**Rebecca Murray,  
Chair, Grampian Yoga Association  
22<sup>nd</sup> March 2026**

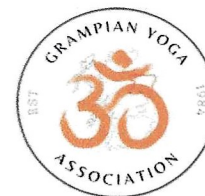
**Grampian Yoga Association SC016624**  
**Receipts and Payments Accounts**  
**For the period 1st February 2025 to 31st January 2026**



**SECTION A - FINANCIAL PERFORMANCE**

	Feb 25 – Jan 26	Feb 24 – Jan 25
	£	£
<b>Receipts</b>		
Membership Fees	1,270	1,290
Events	3,071	2,311
Donations	0	866
Interest	1	0
Other	196	0
<b>Total Receipts</b>	<b>4,538</b>	<b>4,467</b>
<b>Payments</b>		
Tutor Fees	1,500	550
Tutor Expenses	294	30
Venue Fees	536	813
Payment fees/bank charges	92	0
External Examination	0	0
Insurance	98	95
Website Expenses	1,620	1,095
Donations	20	1,000
Sponsorship	37	0
Miscellaneous Expenses	351	628
<b>Total Payments</b>	<b>4,548</b>	<b>4,211</b>
<b>Administration Surplus / (Deficit)</b>	<b>(10)</b>	<b>256</b>
<b>Results by department</b>	<b>Feb 25 – Jan 26</b>	<b>Feb 24 – Jan 25</b>
<b>Receipts</b>	<b>£</b>	<b>£</b>
Administration	1,467	2,156
Events	3,071	2,311
<b>Total Receipts</b>	<b>4,538</b>	<b>4,467</b>
<b>Payments</b>		
Administration	2,093	2,686
Events	2,455	1,525
<b>Total Payments</b>	<b>4,548</b>	<b>4,211</b>
<b>Surplus/(Deficit)</b>		
Administration	(626)	(530)
Events	616	786
<b>Total surplus / (deficit)</b>	<b>(10)</b>	<b>256</b>
<b>Bank reconciliation</b>	<b>Feb 25 – Jan 26</b>	<b>Feb 24 – Jan 25</b>
	<b>£</b>	<b>£</b>
Opening Balance	12,421	12,165
Surplus / (deficit)	(10)	256
<b>Closing Balance</b>	<b>12,411</b>	<b>12,421</b>

**Grampian Yoga Association SC016624**  
**Receipts and Payments Accounts**  
**For the period 1st February 2025 to 31st January 2026**



**SECTION B - STATEMENT OF BALANCES**

<b>Cash Funds</b>	<b>Balance at 31st Jan 2026</b>	<b>Balance at 31st Jan 2025</b>
	<b>£</b>	<b>£</b>
Current Account 1	5,914	12,421
Current Account 2	100	0
30-day interest	1,001	0
Fixed Term (12 months)	5,000	0
Stripe	396	0
<b>Closing balance</b>	<b>12,411</b>	<b>12,421</b>

At the AGM in 2025, it was agreed to transfer £5,000 to a savings account. The value of £5,000 is the amount set in the reserves policy. During the year, an account was set up with Stripe, an online payment platform. A second current account was set up to link to the Stripe account. A 30-day interest account was also opened.

The Treasurer's opinion is that the GYA total assets of £12,411 are sufficient to fund the continuing activities of the Grampian Yoga Association.

*Alison Miller*

Alison Miller  
Grampian Yoga Association Treasurer

March 2026

**SECTION C – NOTES TO THE ACCOUNTS**

DONATED SERVICES

GYA is wholly run by volunteers. All work done by trustees and the committee members for the activities and obligations of the organisation is carried out free of charge. Tutor fees were donated by the Chair and a committee member for the AGM Seminar. The external examiner donates her time.

TRUSTEES REMUNERATION AND EXPENSES

The trustees did not receive any remuneration for their services as trustees. Trustees are reimbursed for costs incurred for the purchase of goods or services for GYA activities.

In the year payments were made to trustees for the following reasons:

Chair – tutor fees and expenses for the Winter Solstice Event

Secretary – expenses for ink cartridges and other printing costs

Treasurer – reimbursed for an international payment made on behalf of GYA for the services of Mary Richards.

**Grampian Yoga Association SC016624**  
**Receipts and Payments Accounts**  
**For the period 1st February 2025 to 31st January 2026**



**SECTION C – NOTES cont/**

RECEIPTS

**Membership Fees** – annual fee for ordinary members is £15. Teachers who wish to advertise their classes on the website pay £20 for the year. The ratio of teachers to students changes year on year. There may be timing differences for receipts. Current membership is up by 1 from last year. Income down by £20.

**Events – £3,071** – see events analysis

**Interest- £1** – from the new 30-day notice interest account opened January 2026

**Other income - £196**

RCC share for Coorie Doon – outstanding at 31 Jan	80
Stripe receipts for future items	116
<b>Total</b>	<b>£196</b>

PAYMENTS

**Tutor fees** – see events analysis on page 4

**Tutor expenses** – mileage expenses are paid where applicable

**Venue hire** – see events analysis on page 4

**Payment fees and bank charges - £92**

Stripe fees	53
Bank Charges (foreign transaction)	39
	<b>£92</b>

**External examination £0** – examination of the records is carried out by a qualified accountant who donates her time for this service

**Insurance £98** -remained consistent with the previous year

**Website Costs £1,620**

Support charge year to 31 Jan 2026 (paid February 2025)	720
Annual Hosting fee	180
Support charge year to 31 Jan 2027 (paid January 2026)	720
	<b>£1,620</b>

During the year it was decided to stop using the calendar add on function, a saving of over £200 in the year. Due to the timing of invoices, costs for two years of support were paid in the year.

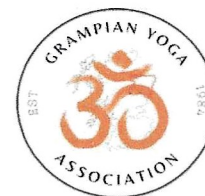
**Sponsorship £37** -GYA share of costs for the International Yoga Day event.

**Donation £20** – deposit for a postponed event at AHTT reclassified as a donation as agreed with the venue.

**Miscellaneous expenses -£351**

Annual Membership of ACVO	25
Stand for feather banner	54
Ink cartridges and printing	92
T-shirts for committee (events/promotion)	180
	<b>£351</b>

**Grampian Yoga Association SC016624**  
**Receipts and Payments Accounts**  
**For the period 1st February 2025 to 31st January 2026**



**SECTION C – NOTES cont/**

<b>EVENTS</b>		<b>Receipts</b>	<b>Payments</b>	<b>Surplus/ (Deficit)</b>
<b>Summary</b>		<b>£</b>	<b>£</b>	<b>£</b>
March	AGM & Seminar	225	121	104
May	Mary Richards	1200	948	252
June	IYD	0	37	(37)
October	Joe Burn	567	239	328
October	Coorie Doon	200	424	(224)
December	Winter Solstice	879	566	313
January	Wellbeing Festival	0	120	(120)
		<b>3,071</b>	<b>2,455</b>	<b>616</b>

<b>Analysis</b>	<b>AGM &amp; Seminar</b>	<b>Mary Richards</b>	<b>Joe Burn</b>	<b>Winter Solstice</b>
<b>Fundraising Events</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Receipts	225	1,200	567	879
Payments				
Tutor Fees	-	500	150	450
Tutor Expenses	-	247	-	29
Hall Hire	121	143	77	75
Fees	-	58	12	12
Payments Total	121	948	239	566
Surplus /(Deficit)	104	252	328	313

<b>Analysis</b>	<b>International Yoga Day</b>	<b>Coorie Doon</b>	<b>Wellbeing Festival</b>
<b>Community Events</b>	<b>£</b>	<b>£</b>	<b>£</b>
Receipts	-	200	-
Payments			
Tutor Fees	-	400	-
Tutor Expenses	-	18	-
Hall Hire	-	-	120
Fees	-	6	-
Sponsorship	37	-	-
Payments Total	37	424	120
Surplus /(Deficit)	(37)	(224)	(120)

APPENDIX 3



		<b>Independent examiner's report on the accounts</b> v2					
<b>Report to the trustees/members of</b>	Charity name	Grampian Yoga Association					
<b>Registered charity number</b>		SC016624					
<b>On the accounts of the charity for the period</b>	Period start date				Period end date		
	Day	Month	Year	to	Day	Month	Year
	01	February	2025		31	January	2026
<b>Set out on pages</b>	1 to 4 + 7-90						(remember to include the page numbers of additional sheets)
<b>Respective responsibilities of trustees and examiner</b>	The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) 2005 Act and the Charities Accounts (Scotland) Regulations 2006 (as amended). The charity trustees consider that the audit requirement of Regulation 10(1) (d) of the Accounts Regulations does not apply. It is my responsibility to examine the accounts as required under section 44(1) (c) of the Act and to state whether particular matters have come to my attention.						
<b>Basis of independent examiner's statement</b>	My examination is carried out in accordance with Regulation 11 of the 2006 Accounts Regulations. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts and seeks explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and, consequently, I do not express an audit opinion on the view given by the accounts.						
<b>Independent examiner's statement</b>	In the course of my examination, no matter has come to my attention [other than that disclosed on the attached page*]						
	<ol style="list-style-type: none"> <li>which gives me reasonable cause to believe that in any material respect the requirements: <ul style="list-style-type: none"> <li>to keep accounting records in accordance with section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and</li> <li>to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations</li> </ul>                     have not been met, or                 </li> <li>to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.</li> </ol>						
<b>Signed**:</b>				<b>Date:</b>	21.06.26		
<b>Name:</b>	Fiona Niddrie						
<b>Relevant professional qualification(s) or body (if any):</b>							
<b>Address:</b>	105 Macaulay Drive						
	Aberdeen						
	AB15 8FL						

\*Please delete the words in the brackets if they do not apply. If the words do apply, set out those matters which have come to your attention on the following page.  
 \*\* OSCR will accept digital or typed signatures