

Tergar Edinburgh

**Annual Report and Accounts
for the Year Ended 31st March 2025**

Tergar Edinburgh

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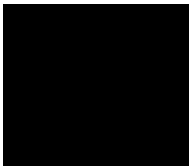
Trustees' Report

Board of Trustees and Administration Details

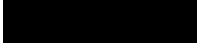
Tergar Edinburgh is a Scottish Charitable Incorporated Organisation (No. SC048776), registered on 23rd October 2018 and it is governed by its constitution. The structure of the charity consists of charity trustees who are also the organisation's only members and comprise the organisation's board.

The charity is affiliated to Tergar International, a not-for-profit organisation based in Minnesota, USA. It is led by [REDACTED], a Tibetan Buddhist meditation master and teacher with groups across the world.

Current trustees:



Also serving in the year:



Trustees are appointed by the board, at its discretion. All trustees retire at the annual general meeting each year and are eligible for re-election.

The management committee (also called "the Team"), meets monthly, or more frequently, as business demands. It consists of the trustees and, currently, three others who volunteer to assist in the running of the charity.

The principal office of the charity is 8 Orchardhead Road, Edinburgh EH16 6HL.

The purposes of the Charity

The objects of Tergar Edinburgh are:

1. To promote, aid and advance Buddhism and the teachings and practice of meditation that arise from the world's great spiritual traditions.
2. To advance education and, in particular, to enable individuals to develop their spiritual, medical, educational or cultural skills and abilities.
3. To promote, aid and advance practices which support the care and development of the environment.

The charity's main focus is teaching meditation that is suitable for everyone. It offers a wide range of teachings for those of all faiths and none, alongside teachings for those interested in or following the Buddhist path.

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Trustees' Report (continued)

Performance and Achievements 2024-25

During the year we consolidated our wide range of community meditation sessions as well as developing our offerings of meditation days, retreats and events focused on [REDACTED] Path of Liberation and Buddhist learning programmes. We have continued to attract new participants through Facebook, Instagram, meet-up groups and other social media and to contribute, through the development of our local volunteers, to a global Buddhist meditation programme led by [REDACTED].

Financial sponsorship for training volunteers in Tergar International's Meditation Teacher Programme (MTP) not only widens our offerings to many potential new communities (schools, hospitals etc.) but also offers skills development and individual earning capacity to community members. Including this year's sponsorship, we now have four Edinburgh teachers who have completed the programme. We have also developed our capacity to offer spiritual care and support to members of our community facing sickness and death. This has not just provided valuable respite for family and friends but also expanded our volunteers' experience and skills in end-of-life support.

Tergar Edinburgh has maintained a focus on secular meditation by retaining a strong focus on a weekly offering of Tergar's Joy of Living programmes and by expanding our capacity to offer introduction to meditation programmes through Anytime Anywhere Meditation programmes.

Specific Activities and Achievements

- Tergar Edinburgh continues to offer a signature weekly practice and discussion session based on [REDACTED] Joy of Living programmes, with the community remaining solidly appreciative and supportive. This is held online 3 weeks of the month with the 4th session in-person to cater to those in the community who prefer face to face connection and who may struggle with online offerings.
- Our mailing list continues to grow, and meet-up groups keep providing new interest, with increasing evidence that many local people like to dip in to meditation sessions rather than committing to a regular in-person event.
- Community volunteers now offer informal online practice sessions most weekdays, with these groups supporting those wishing to commit to [REDACTED] Path of Liberation practices
- We provide course fee sponsorship for Tergar Edinburgh teachers on the Meditation Teacher Programme.
- Hybrid delivery of Sunday sessions was trialled with support from volunteers with technical expertise, but the quality of the production proved sub-optimal and required more intensive facilitation, so the hybrid approach will be revisited in the future.

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Trustees' Report (continued)

- The Management Team met regularly to plan and oversee activities and to explore ways to hold and support volunteers and community members.
- We ran a number of meditation events through the year:
 - Tergar Edinburgh practice guides led a Joy of Liberation retreat day on the 12th of October 2024.
 - Anya Adair and Robin Harris, senior facilitators, co-led a weekend of Tergar's secular Joy of Living 2 meditation workshop at Santosa Wellness Centre Edinburgh in December 2024
 - A full day local retreat, based on [REDACTED] Joy of Living and Path of Liberation teachings, was led by local volunteer facilitators in February 2025, at Santosa.
 - Regular activities throughout the year included the weekly online or in-person Sunday sessions mentioned previously, typically linking to teachings and retreats with [REDACTED]. Other offerings included:
 - Weekly Wednesday silent meditation sessions
 - Nectar of the Path, a Buddhist practice offered monthly
 - Twice weekly community-led online Nectar of the Path sessions
 - Monthly community-led online Nectar of the Path discussion/study group
 - Anya co-led the Joy of Living 3 eight-week online course for Tergar participants globally. She acted as host and/or chant-leader for several global Tergar events throughout 2024-25 including being a guide for the Tergar International Five Wisdoms retreat and for the AAM online weekend for Tergar International.
 - [REDACTED] co-led a Joy of Living programme for Tergar Italy.

Financial Review

The charity has prepared its accounts on the receipts and payments basis and cover the year to 31st March 2025.

Receipts totalled £7,667. This is a large decrease on the previous year as there were no big events in 2024-25. Payments totalled £59,857, which included expenses of £26,366 relating to courses held in 2023-24 and a donation to Tergar International. This resulted in a cash deficit of £52,190.

The trustees' policy is to retain funds for six months' normal running costs to meet day to day commitments, as courses are planned to cover their costs, and with £24,003 cash reserves at the end of the year, this had been achieved.

Approved by the trustees on 27 November 2025 and signed on their behalf:

[REDACTED]

Tergar Edinburgh

Annual Report and Accounts for the Year Ended 31st March 2025

Independent Examiner's Report to the Trustees of Tergar Edinburgh

I report on the accounts of the charity for the year ended 31st March 2025.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts in accordance with the terms of the Charities and Trustee Investment (Scotland) Act 2005 and the Charities Accounts (Scotland) Regulations 2006.

The 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.

Basis of independent examiner's statement

My examination is carried out in accordance with Regulation 11 of the Charities Accounts (Scotland) Regulations 2006. 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.

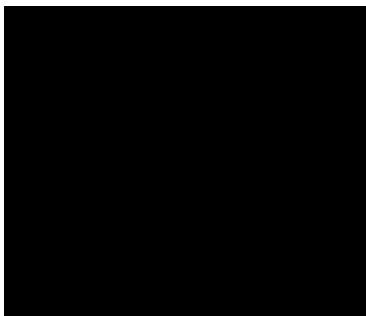
Independent examiner's statement

In the course of my examination, no matter has come to my attention

1. which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with Section 44(1) (a) of the 2005 Act and Regulation 4 of the 2006 Accounts Regulations, and
- to prepare accounts which accord with the accounting records and comply with Regulation 9 of the 2006 Accounts Regulations have not been met, or

2. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Date 10/12/2025

Tergar Edinburgh
Receipts and Payments Account for the Year Ended
31st March 2025

	Restricted funds £	Unrestricted funds £	Total 2024/25 £	Total 2023/24 £
<u>Receipts</u>				
Donations	-	789	789	958
Receipts from charitable activities:				
Course and workshop fees	-	909	909	177,325
Course costs reimbursements (2023)	-	5,969	5,969	-
Total receipts	-	7,667	7,667	178,283
<u>Payments</u>				
Payments for charitable activities:				
Course and workshop costs	-	27,688	27,688	112,768
Room hire	-	1,269	1,269	394
Training	-	3,223	3,223	-
Insurance	-	368	368	663
Print, post, IT and office costs	-	371	371	207
Storage costs	-	499	499	-
Legal and professional fees	-	50	50	60
Bank charges	-	30	30	164
Donation	-	25,859	25,859	-
Miscellaneous	-	-	-	30
Purchase of fixed assets	-	-	-	2,491
Governance costs:				
Annual accounts and examination	-	500	500	500
Total payments	-	59,857	59,857	117,277
Transfers between funds	-	-	-	-
Surplus/(deficit) for year	-	(52,190)	(52,190)	61,006

Tergar Edinburgh

Statement of Balances at 31st March 2025

Bank and cash on hand

	2024/25	2023/24
	£	£
Opening balances	76,193	15,187
Surplus / (deficit) for year	<u>(52,190)</u>	<u>61,006</u>
Closing balances	24,003	76,193

All funds at the year end were Unrestricted Funds.

Donations made

In the year the charity made a £25,859 donation to Tergar International.

Assets

At the end of the year, in addition to the cash in the bank and on hand, the charity owned shrine artifacts with an estimated value of £2,491 (2024: £2,491).

Liabilities

At the end of the year, the charity had no liabilities.

Trustee payments

The members of the board of trustees did not receive remuneration or expenses in the year (2024: £nil). Stuart Nicoll was reimbursed £990 towards the cost of a meditation teacher program he undertook whilst a trustee. This is provided for in the charity's constitution.

Approved by the trustees on 27 November 2025 and signed on their behalf

