

**REPORT OF THE TRUSTEES AND
UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31ST AUGUST 2019
FOR
YOGA SCOTLAND SCIO**

JRW
Chartered Accountants
Riverside House
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YOGA SCOTLAND SCIO

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YOGA SCOTLAND SCIO

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31ST AUGUST 2019

TRUSTEES	Ms Kath McDonald (resigned 9.3.19) Ms Susanne Arnott Ms Lynsey McFarlane (resigned 3.5.19) Michael Gallagher (resigned 7.11.18) Ms Gill Gibbens Chair Ms Gill Swales Ms Ulrike Graham Ms Janice Ross (resigned 28.4.19) Ms Evanna Nash Vice-chair Ms Kerry Cooper Ms Yvonne Davies (appointed 10.9.18) (resigned 9.3.19) Ms Trudy Morrison (appointed 9.3.19) Ms Anne Brown Secretary (appointed 9.3.19) (resigned 7.1.20) Chris Morrison Treasurer (appointed 9.3.19) Ms Lucy West (appointed 9.3.19)
PRINCIPAL ADDRESS	Fogomuir Cottage Duns TD11 3RE
REGISTERED CHARITY NUMBER	SC047418
INDEPENDENT EXAMINER	JRW Chartered Accountants Riverside House Ladhope Vale Galashiels Selkirkshire TD1 1BT

YOGA SCOTLAND SCIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2019

The trustees present their report with the financial statements of the charity for the year ended 31st August 2019. 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 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

The charitable purposes of Yoga Scotland, as recorded in their constitution, are to promote yoga in all its aspects in Scotland. This they will do by providing courses, lectures, seminars and events to the standard deemed necessary for the training of teachers of yoga, by providing existing yoga teachers with opportunities for continuous professional development (CPD) and by ensuring that registered teachers undertake sufficient and appropriate CPD.

Public benefit

What Is Yoga?

Yoga is an ancient science concerned with developing a holistic, healthy and harmonious way of living. It offers benefits that make the body stronger and healthier and calm the mind. The word yoga has many shades of meaning, but is generally translated as "union" and the practice can lead to a balance of body, breath, mind and spirit.

Who can practise Yoga?

Anyone can practise yoga regardless of age, ability or mobility.

What are the benefits of practising Yoga?

- Improved physical fitness including suppleness, strength, stamina and balance.
- Emotional balance, relaxation and a general sense of well-being.
- Enhanced concentration, awareness and self-understanding.

These benefits will develop gradually. Do not expect sudden improvement after just one or two classes! You should attend a class regularly, and also try to find a little time to practise at home even if it is only 10 minutes a day

YOGA SCOTLAND SCIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2019

ACHIEVEMENT AND PERFORMANCE

Charitable Activities and Achievements

Report from the Chair

The year from September 2018 to August 2019 has been another busy period for Yoga Scotland with lots of developments and innovations across the organisation. We have run more training courses in the past year and some in new areas of Scotland. The website can now be used for booking on-going training and yoga days and our profile has increased thanks to a small group of creative communications volunteers who have been developing social media. The magazine has gone from strength to strength and is now available to non-members through annual subscription.

Yoga Scotland is now a signatory to the Scottish Association of Mental Health (SAMH) charter. An action plan has been submitted and accepted. Scotland's Mental Health Charter for Physical Activity and Sport aims to improve equality and reduce discrimination to ensure there is no barrier to engaging, participating and achieving in physical activity and sport.

Trustees have a watching brief on issues related to data protection and PVG (protection of vulnerable groups). They are currently investigating suitable PVG training that could be offered to yoga teachers.

Yoga Scotland has had its Governing Body of yoga status renewed by Sport Scotland following a rigorous review period and membership is increasing.

Yoga Scotland is fortunate to have such a committed and resourceful group of trustees supported by our dedicated tutors, volunteers and support workers.

This will be my last annual review as Chair of Yoga Scotland. I will be retiring at the AGM and passing the baton on! I'm delighted to be leaving the organisation in such good hands and thank everyone I've worked with over the past 2 + years.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2019

ACHIEVEMENT AND PERFORMANCE

Individual Membership	2018-2019	2017-2018
Ordinary	84	68
Teacher	259	249
Student Teachers	25	30
Students	37	62
TOTAL	405	409
REPS (Register of Exercise Professionals)	11	15

Yoga Scotland Advisors: Bijam (Jenni Connaughton), Ann Hunter, Kath McDonald, Fiona McOwan.

PVG (Protection of Vulnerable Groups): Susie Arnott, Sandra Cook, Gill Swales

Training Co-ordinator: Elaine Samson

Administrator: Maria Rawlings (left August 2018),

Training Administrator: Tamsin Geddes

Magazine

There were three magazines from September 2018 to August 2019:

Issue 57 September 2018; A Colour Perspective (Mick Gallagher, Ed)

Issue 58 January 2019; Yoga as a Healing Art (Trudy Morrison, Ed)

Issue 59 May 2019; Space (Trudy Morrison, Ed)

Trudy Morrison replaced Mick Gallagher as Editor in October 2018. Trudy's vision has been to use the magazine to communicate the change of organisational style in Yoga Scotland. She started by changing the look and format of the magazine to something more modern and relevant, seeking to move the publication from having a newsletter feel to having one of a professional magazine.

Wherever possible adverts are professionally designed to make them more attractive to potential customers and to make the publication more appealing to external advertisers and retail outlets.

In order to cultivate a stronger sense of our yoga community, a letters page and News & Community section have been introduced, and there is a strong ethos in having members' stories and experiences shared in the pages alongside higher profile practitioners within the industry. There has also been the introduction of competitions in conjunction with third parties, and it is hoped that we can continue to attract giveaway opportunities for our members.

Because of the amount of work involved in producing Yoga Scotland Magazine, Trudy has put together a team of graphic designers, copy-editors and proofreaders so that when she steps down as editor this year there should be a smooth handover to the incoming editor.

Yoga Scotland Magazine is now wrapped in biodegradable bags and posted direct from the printers, and annual subscriptions are available to non-members. It is hoped to sell Yoga Scotland Magazine across studios in Scotland; finding retail outlets will be the next step to moving the publication forward in step with the refreshed outlook of the organisation as a whole, using it as an integral part of Yoga Scotland's marketing strategy.

Website

Our website has continued to develop and is being successfully used by most members.

Courses are easily booked and paid for online, though we still have alternative options for those who prefer.

Development during this year means that from September 2019, CPD points will be allocated within the website, saving a tedious admin task.

Members have their own profile and teaching members can add and remove the classes they want to advertise. This is a massive improvement from waiting for an administrator to do this in your behalf.

We also have the option of receiving a PDF version of our magazine, saving the environmental impact of printing and distribution.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2019

ACHIEVEMENT AND PERFORMANCE

Members can opt in to receive additional notifications not directly connected to Yoga Scotland business, such as learning about extra workshops from members or magazine advertisers. (Just tick the box in your profile).

The website will continue to develop over time. I will be standing down at this AGM (having unexpectedly taken on this role after our EGM two years ago), but I am more than ably followed by Declan Mair.

I'd like to thank our developers, AlbanyWeb, who have supported us in our quest to grow a website that supports both members and YS support workers, for understanding our place in the world and for their endless patience.

Events

Gill represented Yoga Scotland at an event at the Scottish Parliament hosted by Scottish Association for Mental Health (SAMH) and Lindsey Porter. Yoga Scotland has been working towards signing up to SAMH's charter.

Bijam was invited to teach at the European Union of Yoga's Congress in Zenal and represented Yoga Scotland.

There was collaboration with Grampian Yoga Association (GYA) in Aberdeen on the International Day of Yoga.

Ongoing Training (OGT)

Yoga Scotland offers a range of training days for teachers as part of its Continuous Professional Development (CPD) programme. Teachers are asked to accrue 15 pts annually from in-house OGT days, self guided study or other organisation's training days or courses. Sessions cover philosophical and practical aspects of yoga teaching and practice. Weekend workshops were introduced this year to enable teachers to explore a topic in more depth and accrue their annual CPD points in one weekend. First Aid training specific to yoga teachers was introduced and delivered by Sandra Kirkham in 3 areas of Scotland. The OGT programme was well received and attended. Feedback has been used to improve and inform the next programme. OGT days can now be booked direct through the website.

OGT 2018-2019

Tutor	Topic	Location	Attended
Stephen Braybrook- The Movement Man	Applied biotensegrity in yoga - the new biomechanics for functional movement	Glasgow	29
Stephen Braybrook- The Movement Man	How to reduce internal and external stress and why the habit of stress can be addictive	Glasgow	30
Paul Harvey	The art of hatha energetics (2 day workshop)	Edinburgh	20
Yvonne Austen	Observation, adjustment and assistance	Dunfermline	25
Jenny Livingstone	Sound and visualisation in pranayama	Glasgow	23
Sue McLennan	Bringing the autogenic sequence into our yoga practice (2 day workshop)	Galashiels	20
Jackie Le Brocq	Bandha and mudra	Edinburgh	26
Jacqueline Purnell	Sequencing of vinyasa flow to upward bow or wheel posture	Glasgow	24
Andrea Duffin	Meditation for children	Edinburgh	20
Fiona Clarence	Working with young adults and emotional stress	Glasgow	20
Jackie Le Brocq	Journey Towards Meditation	Aberdeen	9
Sandra Kirkham	First Aid for Yoga Teachers	Perth	10
Sandra Kirkham	First Aid for Yoga Teachers	Edinburgh	13
Sandra Kirkham	First Aid for Yoga Teachers	Galashiels	15
Yvonne Austen and Jacqui Tweddle	Yoga and joint hypermobility syndrome (JHS)	Polmont	22

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2019

ACHIEVEMENT AND PERFORMANCE

Training Courses 2018-2019

Foundation Courses

Two Foundation Courses ran in 2018-19 in Aberdeen, and Polmont. In June 2019, 36 students completed Foundation course.

Aberdeen Foundation Course tutors: Sandra Cook and Rona Main

Central Foundation Course tutors: Ali Freeman and Lindsey Porter

Sue Jenkins and Fiona Webster delivered anatomy and physiology sessions for Foundation Courses.

Teacher Training Courses

2018-19 saw 13 students starting the Edinburgh 500 hr teacher training course with Judy Cameron as lead tutor, supported by Elizabeth Roberts on philosophy and Amy Hanlon on anatomy & physiology. Glasgow teacher training course continued into its 2nd year with Cathy Swan as lead tutor, supported by Elizabeth Roberts on philosophy and Sue Jenkins on anatomy & physiology. Both courses were joined by visiting tutors throughout the year including Jackie Le Brocq, Yvonne Austen, Sue McLennan, Rosalind Garton, Bijam and Lindsey Porter.

Glasgow TT course completed in June 2019 with 12 students receiving their diplomas.

Yoga Scotland's comprehensive 500 hr teacher training course aims to produce professional and effective yoga teachers. The course is part-time over 15 weekends including 2 residential weekends, personal practice, assignments, self study and 3 external teaching assessments.

Governance and members' meetings

There have been 4 trustee meetings in 2018-19 in October, February, May and August.

The AGM was held in March 2019 in Dunblane.

Trustees Training

Trustees attended training facilitated by Shirley Otto in December 2018 in Berwick. The training aimed to ensure that Yoga Scotland trustees are clear and confident about their role and responsibilities and to develop good governance practice for the organisation.

Trustees have contracted HR and Finance consultants for advice and guidance in these areas to ensure that they are complying with trustee and organisational requirements.

Farewells and Welcomes

Trustees welcomed Trudy as editor Chris as Treasurer, Anne as Secretary and Lucy to assist with representing Yoga Scotland in the Grampian area. Janis and Lynsey have taken time out as trustees and we thank them for their contributions and hope to have them back in the future.

FINANCIAL REVIEW

Financial position

The financial statements show an increase in incoming resources to £96,186 for the current year from £91,029 for the previous year. This was due to a increase in membership and registration fees.

Total resources expended are consistent with the previous year at £105,633 for the current year and £105,340 for the previous year.

The net result for the year is a deficit of £9,447 compared to a deficit of £14,311 for the previous year.

YOGA SCOTLAND SCIO

REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2019

FINANCIAL REVIEW

Reserves policy

All funds held by the charity are unrestricted, although for reasons of financial management separate designated funds have been set up. The trustees seek to manage funds prudently by ensuring sufficient is available to enable the charity to maintain its activities at an expanding level. They do not, however, intend to build up unnecessary reserves.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

From 16th May 2017 the charity changed its constitutional form to become a Scottish Charitable Incorporated Organisation (SCIO). At that date Yoga Scotland (SC020590) was wound up and passed all its assets and liabilities to Yoga Scotland SCIO (SC047418). The 2018 comparative figures shown are the combined results for Yoga Scotland (SC020590) and Yoga Scotland SCIO (SC047418).

Recruitment and appointment of new trustees

All of the organisation's Trustees were elected at an Annual General Meeting.

Key management remuneration

The trustees consider the board of trustees as comprising the key management personnel of the charity in charge of directing and controlling the charity and running and operating the charity on a day to day basis.

All trustees give of their time in this capacity freely and no trustee remuneration was paid in the year.

Details of trustee expenses and related party transactions are disclosed in note 3 to the accounts.

Risk management

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

This is an ongoing process and is reviewed at least annually.

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REPORT OF THE TRUSTEES FOR THE YEAR ENDED 31ST AUGUST 2019

STRUCTURE, GOVERNANCE AND MANAGEMENT

Coping with Covid-19

The Trustees have been meeting weekly online to respond to the challenges facing Yoga Scotland as a result of the Covid-19 global pandemic, and are confident that the majority of the charity's services can be delivered online for the foreseeable future.

Members, tutors and students have received regular updates on the changing situation.

Current training courses will continue with tutors delivering live and recorded sessions to students.

Yoga Scotland's internal communications system facilitates a range of teaching methods as well as the ability for students to meet together with tutors.

Tutors are receiving training in online teaching and have ongoing support to assist them with this transition.

Trustees are working with tutors to prepare for next year's courses to begin online if needed.

Trustees have been in contact with insurers to clarify insurance updates for online teaching and have made these available to yoga teachers, along with information on government help available for the self-employed.

Trustees are currently developing an online On-Going Training programme for yoga teachers to enable them to keep up with continuing professional development during the period of restricted movement. This will include training to support teachers to teach online and yoga training related to dealing with the effects of Covid-19.

The AGM had to be postponed due to social distancing requirements and will be held online in the next few weeks. There has been a good response from members registering for the online event. Trustees are pleased to report that the AGM will be held within the required timescales set out in the constitution and the accounts will be filed on time.

Trustees would like to thank members, tutors and workers for their support, patience and determination to create new ways of working during this difficult time.

As a result of the measures put in place and the reserves from previous years the Trustees are confident that the charity will continue to provide its support and training going forward.

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

The law applicable to charities in Scotland, the Charities and Trustee Investment (Scotland) Act 2005, Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution, requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charity and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing those financial statements, the trustees are required to

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

YOGA SCOTLAND SCIO

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31ST AUGUST 2019**

STATEMENT OF TRUSTEES' RESPONSIBILITIES - continued

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities and Trustee Investment (Scotland) Act 2005, the Charities Accounts (Scotland) Regulations 2006 (as amended) and the provisions of the charity's constitution. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Approved by order of the board of trustees on 20th April 2020 and signed on its behalf by:

Ms Gill Gibbens - Trustee

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF
YOGA SCOTLAND SCIO**

I report on the accounts for the year ended 31st August 2019 set out on pages eleven to seventeen.

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 charity's trustees consider that the audit requirement of Regulation 10(1)(a) to (c) 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 the independent examiner's report

My examination was 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 seeking explanations from you as 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 connection with 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 to comply with Regulation 8 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.

Kevin D Ferguson, CA
JRW
Chartered Accountants
Riverside House
Ladhope Vale
Galashiels
Selkirkshire
TD1 1BT

20th April 2020

YOGA SCOTLAND SCIO

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2019**

	Notes	2019 Unrestricted funds £	2018 Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Promotion of yoga		96,186	91,029
Investment income	2	<u>2</u>	<u>-</u>
Total		96,188	91,029
 EXPENDITURE ON			
Charitable activities			
Promotion of yoga		105,635	105,340
		<u> </u>	<u> </u>
NET INCOME/(EXPENDITURE)		(9,447)	(14,311)
 RECONCILIATION OF FUNDS			
Total funds brought forward		65,704	80,015
		<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD		<u><u>56,257</u></u>	<u><u>65,704</u></u>

The notes form part of these financial statements

YOGA SCOTLAND SCIO

**BALANCE SHEET
31ST AUGUST 2019**

	Notes	2019 Unrestricted funds £	2018 Total funds £
CURRENT ASSETS			
Stocks	5	-	265
Debtors	6	5,864	2,701
Cash at bank		<u>109,040</u>	<u>109,736</u>
		114,904	112,702
CREDITORS			
Amounts falling due within one year	7	(58,647)	(46,998)
		<u>56,257</u>	<u>65,704</u>
NET CURRENT ASSETS			
		<u>56,257</u>	<u>65,704</u>
TOTAL ASSETS LESS CURRENT LIABILITIES			
		<u>56,257</u>	<u>65,704</u>
NET ASSETS			
		<u><u>56,257</u></u>	<u><u>65,704</u></u>
FUNDS			
Unrestricted funds:	8		
General fund		3,797	5,947
Training fund		29,468	36,141
On-going training fund		<u>22,992</u>	<u>23,616</u>
		<u>56,257</u>	<u>65,704</u>
TOTAL FUNDS			
		<u><u>56,257</u></u>	<u><u>65,704</u></u>

The financial statements were approved by the Board of Trustees and authorised for issue on 20th April 2020 and were signed on its behalf by:

Chris Morrison - Trustee

The notes form part of these financial statements

YOGA SCOTLAND SCIO

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31ST AUGUST 2019

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charity, 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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Charities and Trustee Investment (Scotland) Act 2005. The financial statements have been prepared under the historical cost convention.

Going concern

The accounts have been prepared on a going concern basis. As set out in the Trustees' Report changes have been made to the operational and management procedures to handle change of circumstances in light of Covid-19, and the Trustees are confident the charity will come through this period and continue to provide its support and training going forward.

Financial reporting standard 102 - reduced disclosure exemptions

The charity has taken advantage of the following disclosure exemptions in preparing these financial statements, as permitted by FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland':

- the requirements of Section 7 Statement of Cash Flows.

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.

Stocks

Stocks are valued at the lower of cost and net realisable value, after making due allowance for obsolete and slow moving items.

Taxation

The charity is exempt from tax on its charitable activities.

Irrecoverable VAT

The charity is not VAT registered and therefore cannot reclaim VAT incurred on its expenditure. The VAT is included in the expenditure heading for which it was incurred.

Fund accounting

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

YOGA SCOTLAND SCIO

NOTES TO THE FINANCIAL STATEMENTS - continued FOR THE YEAR ENDED 31ST AUGUST 2019

1. ACCOUNTING POLICIES - continued

Fund accounting

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

	2019	2018
	£	£
Deposit account interest	<u>2</u>	<u>-</u>

3. TRUSTEES' REMUNERATION AND BENEFITS

The Trustees did not receive any remuneration for their services as Trustees.

Trustees' expenses

	2019	2018
	£	£
Trustees' expenses	<u>3,661</u>	<u>1,585</u>

Reimbursements were made to 8 trustees in respect of expenses incurred in carrying out their duties as trustees the costs amounted to £3,661 (2018 £1,585) this included training costs of £1,337 (2018 £nil) and travel expenses of £2,324 (2018 £1,585).

4. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

The funds shown in the fund movement note to the accounts are all unrestricted funds and as such the comparative figures are included in the total column shown on the face of the SOFA.

5. STOCKS

	2019	2018
	£	£
Equipment	<u>-</u>	<u>265</u>

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2019**

6. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019	2018
	£	£
Prepayments	<u>5,864</u>	<u>2,701</u>

7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2019	2018
	£	£
Other creditors	<u>58,647</u>	<u>46,998</u>

8. MOVEMENT IN FUNDS

	At 1.9.18	Net movement in funds	At 31.8.19
	£	£	£
Unrestricted funds			
General fund	5,947	(2,150)	3,797
Training fund	36,140	(6,672)	29,468
On-going training fund	<u>23,617</u>	<u>(625)</u>	<u>22,992</u>
	<u>65,704</u>	<u>(9,447)</u>	<u>56,257</u>
TOTAL FUNDS	<u>65,704</u>	<u>(9,447)</u>	<u>56,257</u>

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

	Incoming resources	Resources expended	Movement in funds
	£	£	£
Unrestricted funds			
General fund	24,200	(26,350)	(2,150)
Training fund	58,323	(64,995)	(6,672)
On-going training fund	<u>13,665</u>	<u>(14,290)</u>	<u>(625)</u>
	<u>96,188</u>	<u>(105,635)</u>	<u>(9,447)</u>
TOTAL FUNDS	<u>96,188</u>	<u>(105,635)</u>	<u>(9,447)</u>

YOGA SCOTLAND SCIO

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2019**

8. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.9.17 £	Net movement in funds £	At 31.8.18 £
Unrestricted funds			
General fund	15,588	(9,641)	5,947
Training fund	43,130	(6,989)	36,141
On-going training fund	18,587	5,029	23,616
Bursary fund	<u>2,710</u>	<u>(2,710)</u>	<u>-</u>
	<u>80,015</u>	<u>(14,311)</u>	<u>65,704</u>
TOTAL FUNDS	<u>80,015</u>	<u>(14,311)</u>	<u>65,704</u>

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	18,403	(28,044)	(9,641)
Training fund	62,545	(69,534)	(6,989)
On-going training fund	10,081	(5,052)	5,029
Bursary fund	<u>-</u>	<u>(2,710)</u>	<u>(2,710)</u>
	<u>91,029</u>	<u>(105,340)</u>	<u>(14,311)</u>
TOTAL FUNDS	<u>91,029</u>	<u>(105,340)</u>	<u>(14,311)</u>

The **General Fund** is used for the expenses of running Yoga Scotland. This includes expenses for trustee meetings, costs of designing, printing and mailing the magazine, costs of running the annual seminars and AGM, costs of administration support for PR strategy and payments of insurance for teaching members.

The **Teacher Training Fund** is used to pay the expenses associated with the development and delivery of teacher training courses.

The **On-Going Training Fund** is used to pay the expenses associated with the organisation and delivery of training days for existing yoga teachers.

The **Bursary Fund** has been set up to provide grants to students in receipt of means tested benefits attending Foundation and Teacher Training Courses.

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**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31ST AUGUST 2019**

9. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31st August 2019.

YOGA SCOTLAND SCIO

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31ST AUGUST 2019**

	2019	2018
	£	£
INCOME AND ENDOWMENTS		
Investment income		
Deposit account interest	2	-
Charitable activities		
Teacher training fees	75,045	79,424
Teacher registration & member ship fees	21,368	15,764
Less: Insurance Component	(3,872)	(4,884)
Magazine advertising income	2,682	595
Sundry income	125	-
Donations & gift aid	838	130
	<u>96,186</u>	<u>91,029</u>
Total incoming resources	96,188	91,029
EXPENDITURE		
Charitable activities		
Write down of equipment	265	266
Tutors' fees & facilities	67,698	72,151
Bursaries awarded	3,235	3,900
Magazine printing & postage	7,008	4,817
Insurance costs	141	740
Advertising & subscriptions	7,532	4,456
Administrative Costs	286	979
	<u>86,165</u>	<u>87,309</u>
Support costs		
Finance		
Bank charges	652	176
Governance costs		
Trustees' expenses	3,661	1,585
Administration expenses	1,186	1,501
Clerical assistance	9,026	9,980
Sundries	834	300
Accountancy and legal fees	4,111	4,489
	<u>18,818</u>	<u>17,855</u>
Total resources expended	<u>105,635</u>	<u>105,340</u>
Net expenditure	<u>(9,447)</u>	<u>(14,311)</u>

This page does not form part of the statutory financial statements